

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and Much More

Over 400 activities  
inside!

ABQ  
50+

# Activities Catalog

January–June 2012

Cultural  
& Community  
Events

Offering a  
rainbow of activities  
to brighten  
anyone's day!



CITY OF ALBUQUERQUE  
Mayor Richard J. Berry

DEPARTMENT OF



BERNALILLO COUNTY  
SENIOR AFFAIRS

Jorja Armijo-Brasher, Director DSA





Winter 2012

Dear Friends:

Another new year is upon us and I hope it is a time of good health and happiness for you and your families. At the City of Albuquerque, we are greeting 2012 filled with excitement and anticipation of new beginnings and continued quality services, for you and all of our citizens.

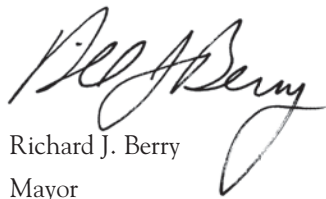
The staff at Senior Affairs never ceases to amaze me with the interesting adventures they put together for you to continue learning, socializing and keeping physically fit in their **50+ Activities Catalog**. With more than eight beautiful centers to visit and three state-of-the-art fitness facilities, Albuquerque/Bernalillo County residents are the envy of the 50+ population in the southwest. And at \$13.00 a year, do you know of a better bargain?

If you are looking for other senior services—routine yard work, home-delivered meals, or transportation to medical appointments—please remember that the Department of Senior Affairs may help you with

that too, by picking up the phone and calling the Senior Information Line, 764-6400.

Again, I wish you all the good things the new year has to offer, and if you are looking for a little fun or a little help, it is right at your fingertips.

Best wishes in the new year,



Richard J. Berry  
Mayor



Mayor Richard J. Berry

Winter 2012

Dear Friends

At the Department of Senior Affairs, this past year has been a whirlwind and 2012 looks pretty much the same.

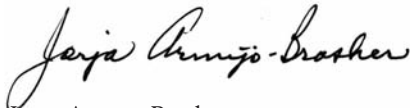
The renovation of Barelás, our 35 year-old center and the headquarters of our Department, has been completed and the changes have been remarkable. With new roofing, flooring, heating and air-conditioning, plumbing, and landscaping, participants and staff are thoroughly enjoying the makeover. We are partnering with the Barelás neighborhood on a new community garden that is reaping wonderful results.

The construction crew is putting the finishing touches on Highland that has also undergone a much needed transformation. Members will be warm in the winter and cool in the summer with a new heating and cooling system that uses energy efficiently and wisely. Soon, Bear Canyon will be remodeled to bring its out-dated restrooms, compliant with the Americans with Disabilities Act. And it too, will finally have adequate cooling and heating.

We are appreciative of Mayor Berry for supporting these improvements as well as to State legislators, City Councilors, and taxpayers for approving bonds that pay for these much needed renovations. And we especially appreciate our members, who have graciously cooperated with the inconvenience of being displaced and all that it entails.

With all the construction, our staff continues to design great senior programs. Please take advantage of what we offer and I hope to see you enjoying our newly renovated buildings, and all the rest.

Happy New Year,



Jorja Armijo-Brasher  
Director



Jorja Armijo-Brasher

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City of Albuquerque, Richard J. Berry, Mayor  
Robert J. Perry, Chief Administrative Officer  
Jorja Armijo-Brasher, Director, DSA, City of Albuquerque  
April B. Jojola, Recreation Division Manager

The City of Albuquerque/Bernalillo County Department of Senior Affairs Headquarters is located at 714 7th Street SW. Program inquiries may be directed to April B. Jojola, Recreation Division Manager 764-6469 or [ajojola@cabq.gov](mailto:ajojola@cabq.gov)

DSA Advisory Council: Victoria Godwin, Chairman, Kenneth J. Carson, Sr., Marianne Chiffelle, Jeanette Harris, Mary Jaramillo, Yumi Johnson, Tina King, Mary Martinez, Mabel Padilla, Agnes Vallejos, Susan White



City Councilors  
District 1.....Ken Sanchez  
District 2.....Debbie O'Malley  
District 3.....Isaac Benton  
District 4.....Brad Winter  
District 5.....Dan Lewis  
District 6.....Rey Garduño, VP  
District 7.....Michael Cook  
District 8.....Trudy Jones  
District 9.....Don Harris, President

Americans with Disabilities Act: The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.

# Center Directory

**Barelas**  
714 7th St. SW, Alb, NM 87102  
Linda Jackson, Manager  
Antoinette Sigala, Programmer  
Phone: 764-6436 Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm

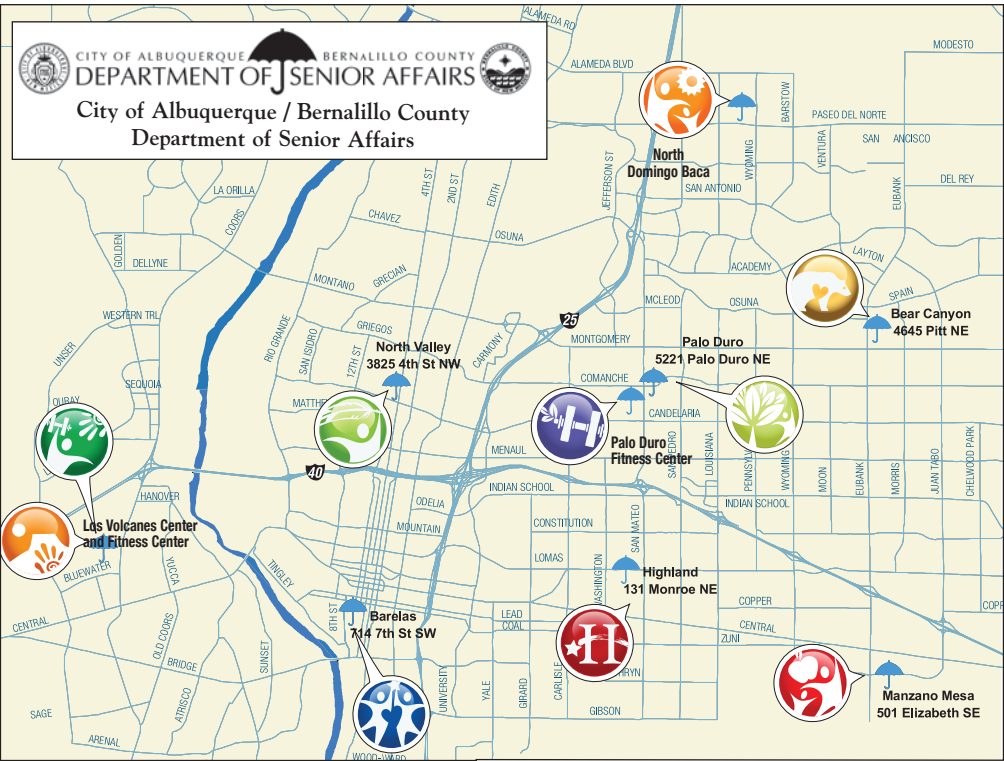
**Bear Canyon**  
4645 Pitt NE, Alb, NM 87111  
Cassandra Vigil, Manager  
TBD, Programmer  
Phone: 291-6211 Fax: 291-6237  
Monday–Friday, 8:00 am–5:00 pm  
Thursday, 8:00 am–9:30 pm  
Saturday, 9:00 am–3:00 pm  
Thursday Night Dance 6:30–9:30 pm

**Highland**  
131 Monroe NE, Alb, NM 87108  
Toni Chumash, Manager  
Christina “Tina” Jenkins, Programmer  
Phone: 256-2000 Fax: 256-2004  
Monday, Tuesday, Thursday, Friday  
8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 10:00 am–4:00 pm

**Los Volcanes**  
6500 Los Volcanes NW, Alb, NM 87121  
Gladie Peltomaki, Manager  
Maria Aguero, Programmer  
Phone: 836-8745 Fax: 836-8749  
Monday–Friday, 8:00 am–5:00 pm  
Thursday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm

**North Valley**  
3825 Fourth St. NW, Alb, NM 87107  
Ed Nuñez, Manager  
Sandra Lucero, Programmer  
Phone: 761-4025 Fax: 761-4031  
Monday–Friday, 8:00 am–5:00 pm  
Tuesday, 8:00 am–7:00 pm  
Sunday 12:30–4:30 pm

**Palo Duro**  
5221 Palo Duro NE, Alb, NM 87110  
Leeann Torres, Manager  
Julianna Brooks, Programmer  
Phone: 888-8102 Fax: 888-8107  
Monday–Friday, 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am–3:00 pm



## Multigenerational Centers

**Manzano Mesa Multigenerational Center**  
501 Elizabeth SE, Alb, NM 87123  
Cristin Chavez-Smith, Manager  
Patty Gutierrez, Center Supervisor  
Angelina Poulin, Programmer  
Phone: 275-8731 Fax: 275-8734  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

**North Domingo Baca Multigenerational Center**  
James Mader, Manager  
Berlinda Padilla, Center Supervisor  
Natasha Montoya, Programmer  
7521 Carmel Ave. NE, Alb., NM 87113  
Phone: 764-6475  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

**Breakfast at the Centers**  
Enjoy breakfast for just \$1.50  
Monday–Friday, 8:00–9:00 am at 7 of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

**Lunch at the Centers**  
**Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa**  
Reserve by noon one work day prior.  
Mon–Fri, 11:30 am–1:00 pm  
\$2 for 60 and older, \$3.25 for 50–59, \$5 for guests under 50 (including children) If you are 60 or older, please donate your fair share to help cover the expense of preparing the meal, however no one will be denied services for choosing not to contribute.

**Bear Canyon, Highland, Palo Duro**  
Monday–Friday, 11:30 am–1:00 pm  
\$3.25 for seniors, \$5 for guests under 50 (including children)

## Fitness Centers

Karen Baker, Manager; Susan Rice, and Berlinda Padilla, Health & Wellness Specialists

**Palo Duro 50+ Sports and Fitness Center**  
3351 Monroe NE Albuquerque, NM 87110  
Phone: 880-2800  
Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

**Los Volcanes 50+ Sports and Fitness Center**  
6500 Los Volcanes NW Albuquerque, NM 87121  
Phone: 839-3710 Fax: 839-9466  
Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

## Center Closings

<b>Cleaning Closings:</b>	
<b>Bear Canyon</b> .....	Jan. 23-29
<b>Los Volcanes Fitness Center</b> .....	Mar. 12-18
<b>Manzano Mesa</b> .....	Jan. 30-Feb. 5
<b>Palo Duro Fitness Center</b> .....	Feb. 6-12
<b>Los Volcanes</b> .....	Feb. 13-19
<b>Palo Duro</b> .....	March 19-25
<b>North Valley</b> .....	Feb. 27-Mar. 4
<b>Highland</b> .....	Mar. 26-Apr. 1

<b>Holiday Closings:</b>	
<b>New Year's Day</b> .....	Mon., January 2
<b>MLK, Jr. Birthday</b> .....	Mon. January 16
<b>President's Day</b> .....	Mon., February 20
<b>Memorial Day</b> .....	Mon., May 28
<b>Independence Day</b> .....	Wed., July 4

Online at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## Mealsites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot noon meal. Lunch reservations required. Menus and activities calendars are available. Suggested contributions: 60 and older \$2/meal 59 and younger \$5/meal. Limited transportation for neighborhood residents is available to some sites. Call below for info.!

**Nutrition Program Office**  
2540 Karsten Ct. SE, Alb, NM 87102  
Danny Holcomb, Program Manager  
Janie Macias, 764-6474

**Alameda Satellite**  
Raymond G. Sanchez Community Ctr.  
9800 4th Street NW, Alb, NM 87114  
Anita Hamel, 897-8896

**Armijo Satellite**  
1714 Centro Familiar SW, Alb, NM 87105  
Vacant, 873-0047

**Embudo Towers, Meal Site**  
8010 Constitution NE, Alb, NM 87110  
Janie Macias, 764-6474

**Encino Garden Meal Site**  
412 Alvarado SE, Alb, NM 87108  
Julie Day, 266-7736

**Encino Terrace Meal Site**  
609 Encino Place NE, Alb, NM 87102  
Elvira Montaña, 247-4185

**South Valley Multipurpose Center**  
2008 Larrazola SW, Alb, NM 87105  
Viola Abeyta, 468-7604

**La Amistad Meal Site**  
415 Fruit NE, Alb, NM 87102  
Daniel Padilla, 848-1395

**Cesar Chavez Community Ctr**  
7505 Kathryn Ave SE, Alb, NM 87108  
Norma Taylor, 256-2680

**Los Duranes Community Center**  
2920 Leopoldo NW, Alb, NM 87104  
Felicia Garcia, 848-1338

**Tijeras Senior Center**  
478 1/2 Old Hwy 66, Tijeras, NM 87059  
Virginia Rodriguez, 286-4226

**Pajarito Satellite**  
6080 Isleta Blvd SW, Alb, NM 87105  
Noel Gutierrez, 873-6617

**Paradise Hills Satellite**  
6000 Chaparral NW, Annex Bld, Alb, NM 87114  
America Bencomo, 314-0246

**Princess Jeanne Satellite**  
11401 Indian School Rd. NE, Alb, NM 87112  
Primavera “Micky” Charles, 291-6298

**Rio Bravo Satellite**  
3910 Isleta Blvd SW, Alb, NM 87105  
Maria “Lola” Sedillo, 873-6647

**Shalom House Meal Site**  
5500 Wyoming NE, Alb, NM 87109  
Catherine Towers, 823-1434

**Taylor Ranch Community Center**  
4900 Kachina St NW, Alb, NM 87120  
Viola Padilla, 768-6006

**Thomas Bell Community Center**  
3001 University SE, Alb, NM 87106  
Ronell Brown, 848-1333

**Wainwright Manor Meal Site**  
5601 Gibson SE, Alb, NM 87108  
Janie Macias, 764-6474

**Whispering Pines**  
#6 Lark Road, Tijeras, NM 87059  
Lorraine Ortiz, 281-8003



## Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to Seniors and their families.

### City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care especially designed to meet individual needs throughout the aging spectrum.

**Membership:** Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members.

**Mission:** The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

### City of Albuquerque Cultural Services Department

City of Albuquerque, Department of Cultural Affairs oversees management of Albuquerque's public libraries, BioPark, museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the year throughout the city.

#### Cultural Affairs At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Aquatic Park
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV 16
- Public Art Urban Enhancement Program

**Mission:** The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

## Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and the brand new North Domingo Baca. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a water sprayground, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60. Some classes and trips require a fee. Other services, including lunch at out mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership
- Trip and class sizes are limited
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; reserve by calling the host center to sign up (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate
- Class fees are usually payable to the instructor at the first class



**Calling All Boomers!**

**Lead.  
Inspire.**

Change the World,  
**Again.**

**Volunteer Today!!**  
Call the RSVP Program  
**764-1616**



# General Information

## AARP Defensive Driving

This one day, four-hour session class provides techniques for coping with changes in vision, hearing and reaction time, along with a “rules of the road” review. Anyone 55 and older may take this class and may receive a discount on insurance premiums. No tests are involved. \$12 for AARP members, \$14 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

- Barelas, Room 4  
3rd Wednesday, 1:00–4:00 pm
- Manzano Mesa, Room 5  
1st & 3rd Sat, 9:00 am–1:00 pm
- Palo Duro, Ponderosa Pine  
1st Friday, 8:30 am–12:30 pm
- Bear Canyon, Room 4  
3rd Thursday, 12:00 noon–4:00 pm  
3rd Saturday,  
11:00 am–3:00 pm
- N. Domingo Baca, Community Rm.  
1st Saturday, 10:30–2:30 pm
- Los Volcanes, Room 2  
1st Monday, 9:00 am–12:15 pm  
9:00 am–12:15 pm
- North Valley, Room 4  
1st Monday, 12:30–4:30 pm

## Center Shops & Markets

### Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

- Barelas, Social Hall  
Thursday, 8:00 am–1:00 pm  
\$2 table
- Los Volcanes, Lobby  
Last Friday, 8:00 am–12:00 noon  
\$2 rental
- North Valley  
Wednesday, 8:00 am–12:00  
\$1, \$1.50, \$2 rentals
- Pajarito Meal Site  
1st Friday, 9:00 am–12:00  
\$1 rental
- Bear Canyon, Patio  
Tuesday, July 19–September 27  
9:00 am–1:00 pm  
\$5 rental
- Manzano Mesa, Outdoors  
1st Friday, May–October  
8:00 am–1:00 pm, \$2 rental
- Highland, Lobby (Arts Mart)  
Mon & Fri, 7:30 am setup  
8:00 am–12:00 pm, \$2 rental

## Gift Shops

Buy a handmade gift made by seniors. You must be a center member to sell.

- Los Volcanes, “Hot Spot”  
Monday–Friday, 9:00 am–1:00 pm
- Palo Duro, Desert Willow Gift Shop  
Monday–Friday, 9:00–3:00 pm

## Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

- Barelas, Silver  
Wednesday, 9:30–10:30 am
- Palo Duro, Cottonwood  
Wednesday, 9:15–10:15 am
- Bear Canyon, Social Hall  
Tuesday, 9:30–10:30
- Manzano Mesa, Social Hall  
Thursday, 10:00–11:00 am
- Los Volcanes, Social Hall  
Thursday, 10:00–11:00 am
- North Valley, Social Hall  
Times vary, call for information
- North Domingo Baca, Social Hall  
Last Tuesday, 10:15–11:15 am
- Highland, Lobby  
Thursday, 9:30–10:30 am

## Health

### Health Insurance and Benefits Counseling

- Bear Canyon, Lobby  
1st & 3rd Monday  
No appt. necessary
- Manzano Mesa, Lobby  
1st & 15th, 10:00–11:00 am

## Medicare Assistance

- North Valley, Library  
1st & 3rd Tuesday, 9:00–10:00 am

## Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

- Manzano Mesa, Room 4  
2nd Tuesday, 10:00–11:00 am  
Dr. Francis Roe

## Blood Pressure Screening

- Barelas, Silver  
1st & 3rd Thursday, 9:00 am  
Ambercare
- Bear Canyon, Room 3  
Wednesday, 9:00–11:00 am
- Palo Duro, Aspen  
Monday, 9:30–11:30 am

## GEHM Clinic

- Call for dates
- Barelas, Silver  
North Valley, Room 1  
Los Volcanes, Social Hall  
North Domingo Baca  
Manzano Mesa, Lobby  
Highland, Room 3

## Hearing

### Lip Reading

- Bear Canyon, Room 4  
Monday, 12:30–1:30 pm  
\$5 materials, no registration required  
Jean Dugas

## Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

- Bear Canyon  
1st Tuesday, July, Sept, Nov  
9:30–10:30 am
- Los Volcanes  
2nd Tuesday, every other month  
9:00–10:00 am

## Legal Clinic: Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

- Barelas, Room 4  
4th Thursday, 10:00 am
- North Valley, Room 4  
3rd Thursday, 9:00–11:00 am  
Advance Directive Workshop  
(Powers of Attorney, Cremation  
Authorization, EMS/DNR)
- Highland, Room 7  
3rd Tues, 1:00–3:00 pm

## New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

- Barelas, Room 2  
4th Wednesday, 12:15 pm
- Bear Canyon, Room 1  
2nd Friday, 10:00–11:00 am
- Highland, Room 8  
4th Wednesday, 12:15 pm

## Notary Service

Available by appointment

- Barelas, 764-6436
- Palo Duro, 888-8105
- Bear Canyon, 291-6211
- North Valley, 761-4025
- Los Volcanes, 3rd Friday

## Recycling Bags

Bags are available at the front desk. Bring in your water bill coupon.

- Barelas, Bear Canyon,  
Los Volcanes, Manzano Mesa,  
North Valley, Palo Duro,  
North Domingo Baca, Highland

## Shopping Trips from Barelas

50¢ transportation. Sign up at front desk.

- Wal-Mart Superstore  
Monday, 9:30–11:15 am
- Pro’s Ranch Market  
Wednesday, 9:30–11:15 am
- Marie’s Ceramics  
1st Tuesday, 9:15–11:15 am

## Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call the center of your choice.



## Public Art

The Arts Board (the appointed body that makes the majority of the decisions for the Public Art Program) meets every second Wednesday of the month at 4:00 pm in room 7096 on the 7th floor of city hall. The public is welcome to attend. For more information about Albuquerque’s Public Art Program, please visit <http://www.cabq.gov/publicart>.

Subscribe to the Public Art Urban Enhancement E-Newsletter to get the latest on public art and other city supported cultural programs. <http://www.cabq.gov/publicart/e-newsletter-archive>

Schedule an informative Public Art Slide Show and talk during your club’s meeting or program. Once a month the Public Art Program offers civic clubs and organizations a 1-hour slide show and lecture about public art in Albuquerque. Schedule a public art presentation for your group by calling Brendan Picker at 768-3566.



# Trips



## Trip Policies

- To register for trips, present your membership card with your payment.
- Make checks payable to the City of Albuquerque.
- Reserve in person and pay in full.
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Requests for refunds must be made within 2 weeks of cancellation.

## Trip Accessibility

To provide more information on wheelchair accessibility, we are collecting accessibility feedback from trip participants. Those with other disabilities or limited stamina can also use this information to make more informed decisions. We do our best to accurately assess each trip, but we cannot guarantee rating accuracy. **If you have questions or concerns about accessibility, call the destination directly for more information.**

Accessible sites are identified with a wheelchair symbol and a letter "a."



Accessible

Sites with one or more known inaccessible features will show the wheelchair symbol in gray; some sites are unrated because of conflicting or unavailable information.



Inaccessible Features

## Monthly Trips

### Barelas Visits Los Volcanes

Let's visit our Los Volcanes Center friends, for dances, flea markets and bingo.

#### Barelas

**Dance:** Thursdays

Check in: 12:30 pm • Return 4:30 pm

**Flea Market:** Last Fridays

Check in: 9:00 am • Return 11:00 am

**Bingo:** Mondays

Check in: 12:00 pm • Return 3:45 pm

### Barelas Visits North Valley

Let's visit our North Valley Center friends for flea markets and bingo.

#### Barelas

**Flea Market:** Wednesday

Check in: 9:00 am • Return 11:45 am

**Bingo:** Wednesday

Check in: 12:00 pm • Return 3:45 pm

### Ride and Glide with Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state.

#### Bear Canyon

**Thursday, January 5**

**Friday, February 17**

**Tuesday, March 20**

**Friday, April 6**

Check in: 8:00 am • Return: 4:00 pm

### Ride the Range with Ron

Join us in this adventure. The destination is a mystery but be assured you are in for a great time.

#### North Domingo Baca

**Tuesday, January 31**

**Tuesday, February 21**

**Friday, March 16**

**Thursday, April 19**

**Friday, May 4**

**Monday, June 11**

Check in: 8:00 am • Return 4:00 pm  
\$6.50 transportation, 5¢/mile if trip exceeds 100 miles

## Palo Duro presents... A "Fare" To Remember

Trips Leave Palo Duro • Sign up at the front desk  
Meals at your own expense

### Slate Street Cafe

Comfort food made from scratch with high quality ingredients from local farmers and producers, Soups, salads, sandwiches, burgers, and entrees

#### Friday, January 20

Check in: 10:45 am • Return: 3:00 pm  
\$2 transportation

### Santiago's Mexican Grill

You will enjoy home made chips and salsa and Costal Mexican dishes with Great views of the mountains and tram, or overlooking Albuquerque.

#### Thursday, February 2

Check in: 10:45 am • Return: 3:00 pm  
\$2 transportation

### Council Room Restaurant

This menu offers soups, salads a variety of sandwiches, chicken, seafood and steaks as well as breakfast all day.

#### Tuesday, March 27

Check in: 10:45 am • Return: 3:00 pm  
\$2 transportation

### The Hill

This 50's style diner in Los Alamos, serves comfort foods with a New Mexico flare since 1986. The menu offers items from chicken fried steak to tortilla burgers.

#### Tuesday, April 17

Check in: 9:15 am • Return: 4:00 pm  
\$10 transportation

### Cedar Point Grille

This is a great place tucked away in the Mountains just a short drive from Albuquerque. Breakfast is served all day as well as, burgers, sandwiches and salads.

#### Wednesday, May 9

Check in: 10:30 am • Return: 2:00 pm  
\$2.50 transportation

### Balconies on the Plaza

This restaurant was once the Ore House, and it over looks the Santa Fe Plaza. The menu offers salads, sandwiches and New Mexican dishes.

#### Friday, June 8

Check in: 9:30 • Return: 4:00 pm  
\$7 transportation

### Ride & Roam with Ron

Join Ron with his enthusiastic personality and knowledge of New Mexico. He is the perfect tour guide for a Mystery trip filled with fun and adventure.

#### Palo Duro

**Wednesday, January 11**

**Wednesday, February 8**

**Friday, March 2**

**Tuesday, April 10**

**Friday, May 18**

**Friday, June 1**

Check in: 8:00 am • Return: 4:00 pm  
5¢/mile (paid upon return)

### Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

#### Bear Canyon

**4th Thursday**

**Jan 19, Feb 23, Mar 22, Apr 26**

Check in: 10:45 am • Return 2:00 pm  
50¢ transportation

### Out-To-Dinner

Experience the ambience and fare at a variety of area restaurants while enjoying the company of friends.

#### Bear Canyon

**1st Monday**

**Jan 9, Feb 6, Mar 5, Apr 2**

Check in: 5:00 pm • Return 8:30 pm  
50¢ transportation



Trips are first-come first-served. Most require advance registration.

Call the host center to sign up.

Meals at your expense unless otherwise indicated.



Look for this logo  
for evening & weekend activities



## Day Trips

### January

#### Albuquerque Journal

Take a tour of the *Albuquerque Journal* and see what it takes to put together our own daily newspaper.

##### Barelas

**Tuesday, January 10**

Check in: 8:15 am • Return: 2:00 pm



#### Indian Pueblo Cultural Center



Join us for a tour of the history, art and culture of New Mexico's 19 Pueblos. After the tour enjoy lunch at the famous and delicious Pueblo Harvest Café

##### Manzano Mesa

**Thursday, January, 12**

Check in: 9:45 am • Return: 2:00 pm  
\$2 transportation

#### Albuquerque Museum of Art & History



Featuring a major Native American collection of 19th century basketry and pottery, as well as 20th century weavings, paintings, sculpture and fiber arts. Many items were purchased from the Alvarado Hotel Indian Building, the Santa Fe Indian Market and modern artists.

##### Barelas

**Tuesday, January 17**

Check in: 9:00 am • Return: 2:00 pm  
\$2 transportation, lunch and admission on your own

#### The Santa Fe Chocolate Trail



Satisfy your sweet tooth as we visit four of Santa Fe's finest chocolatiers and have lunch at the plaza.

##### Bear Canyon

**Tuesday, January 17**

Check in: 8:15 am • Return: 3:30 pm  
\$7.50 transportation

##### Barelas

**Tuesday, January 24**

Check in: 8:15 am • Return: 3:30 pm  
\$7.50 transportation

#### Dynamax Theater at the Museum of Natural History

The Dyna Theater features the world's first digital 2D/3D 4k projection system, a new five-story screen, and comfortable seats with cup holders. Come watch a show and enjoy an amazing experience.



##### North Valley

**Wednesday, January 18**

Check in: 9:15 • Return: 2:00 pm  
\$1 transportation, \$8 admission

#### NM Candle Company

In this 3-hour workshop, you will be provided with all you need to hand carve a beautiful sand cast candle. Use your own design or one of many templates and walk away with an amazing candle and great memories of a one-of-a-kind experience.



##### Barelas

**Tuesday, January 19**

Check in: 9:30 am • Return: 1:30 pm  
Transportation and workshop fees TBA

#### New Mexico State Legislature Senior Day

Join us on a van ride to the Legislature this January. We'll take time to tour the Roundhouse hallway gallery and have lunch. Transportation free.



##### Bear Canyon

**Friday, January 20**

Check in: 8:00 am • Return: 4:00 pm

##### Highland

**Monday, January 23**

Check in: 8:00 am • Return: 4:00 pm

Dates to be announced for the following centers:

**Barelas, Manzano Mesa, North Valley, Palo Duro, Los Volcanes**

Check in: 8:00 am • Return: 4:00 pm



New Mexico Tourism Department, Dan Monaghan



New Mexico Tourism Department

#### Hispanic Cultural Center

Join us as we tour the Torreón Fresco depicting over 3,000 years of Hispanic history, from Europe to Mesoamerica and into the American Southwest, illustrating the complexities and diversity of the Hispanic experience.



##### Manzano Mesa

**Sunday, January 22**

Check in: 12:00 pm • Return: 3:30 pm  
\$1 transportation, admission on your own

##### Los Volcanes

**Friday, February 24**

Check in: 9:00 am • Return: 2:30 pm  
\$1 transportation

##### North Valley

**Friday, March 9**

Check in: 9:00 am • Return: 2:30 pm  
\$1 transportation

##### Highland

**Tuesday, April 17**

Check in: 10:15 am • Return: 3:30 pm  
\$1.50 transportation, admission on your own

#### Ethnic Market Shopping

Take your shopping bags as we shop three Albuquerque ethnic markets: Talin, El Mezquite, and 99 Banh Oriental Supermarket. We will stop for lunch at Copper Canyon Café.



##### Palo Duro

**Wednesday, January 25**

Check in: 9:00 am • Return: 3:00 pm  
\$2 transportation

This building opened in 1966, replacing the Palace of the Governors, which served as a seat of government for almost three centuries.

Santa Fe is home to more than 250 art galleries, and many of those galleries line several blocks of Canyon Road. The entrance to the narrow, winding roadway is shown here, just a few short steps from Santa Fe's Plaza.

#### Museum Hill

Visit Museum Hill and the Santa Fe Plaza. Explore four museums which present the art, history and culture of the Native American Southwest, the Spanish colonial past and folk traditions from around the world.



##### North Valley

**Thursday, January 26**

Check in: 8:45 am • Return: 5:30 pm  
\$7 transportation, museum admission

#### Retirement Communities

Join us and tour some of Albuquerque's retirement communities.



##### Los Volcanes

**Friday, January 27**

Check in: 9:00 am • Return: 3:30 pm  
\$2 transportation

#### Bosque del Apache

Enjoy the majestic wildlife at the Bosque del Apache with an informational video, a van-guided tour, a picnic (indoors), and finally a stroll through the gift shop.



##### Bear Canyon

**Tuesday, January 31**

Check in: 8:45 am • Return: 5:00 pm  
\$10.50 transportation, bring a sack lunch, snacks, and water

##### Highland

**Thursday, February 9**

Check in: 8:45 am • Return: 5:00 pm  
\$10 transportation, bring a sack lunch, snacks, and water

#### February

#### Santa Fe Shopping

Join us on this day of shopping as we visit as many shops in Santa Fe as the day permits.



##### Barelas

**Thursday, February 7**

Check in: 8:30 am • Return: 3:30 pm  
\$8 transportation



New Mexico Tourism Department, Dan Monaghan



## Nuclear Museum

Visit the Nation's largest Museum of Nuclear Science & History and be sure to leave with plenty of information. Join us on a guided tour of the story of the Atomic Age. Lunch to follow at Chili's



### Bear Canyon

**Tuesday, February 7**

Check in: 9:30 am • Return: 2:00 pm  
\$2.50 transportation, admission and lunch at your own expense

### Highland

**Tuesday, February 21**

Check in: 9:30 am • Return: 2:00 pm  
\$2.50 transportation, admission and lunch at your own expense

## Harvey House Museum

The Harvey House Museum is home to Valencia County Historical Society and the Belen Model Railroad Club. The museum's central "gallery" space (originally the Harvey House lunchroom) features different art and cultural exhibitions each month. The Museum Gift shop sells railroad, Harvey House and Valencia County related items.



### North Valley

**Tuesday, February 7**

Check in: 10:15 am • Return: 3:30 pm  
\$2 transportation, admission free

### Manzano Mesa

**Friday, February 10**

Check in: 10:15 am • Return: 3:30 pm  
\$2 transportation, admission free

## ABC Bakery

Visit the ABC Cake Shop and learn how they make fresh baked treats that look as good as they taste. The tour of the facility includes the baking of a cake from beginning to end, which you can take home.



### Barelas

**Thursday, February 9**

Check in: 9:30 am • Return: 1:00 pm  
50¢ transportation

## Afternoon Tea at Figments

Figments is a unique tea shoppe that sells high quality loose teas. The "Lite Lunch" includes 2 savories and 1 tea. Enjoy this time-honored tradition.



### Highland

**Wednesday, February 15**

Check in: 12:15 pm • Return: 2:30 pm  
\$1.50 transportation, \$10 for afternoon tea

**Trips are first-come first-served. Most require advance registration.  
Call the host center to sign up.**

## Clear Light—The Cedar Company Tour



Learn how candles, lotions, soaps, sprays, hair care, skin care and aromatherapy products are made using the local cedar of the Southwest. This tour includes some time to shop.

### Barelas

**Thursday, February 16**

Check in: 9:00 am • Return: 2:00 pm  
\$4.50 transportation.

## Golden Crown Tour

The Golden Crown Panaderia is an old-fashioned neighborhood bakery where the bread is fresh and unique. Revel in the comforting aroma of their green chili bread. They create cookies, pastries, amazing pizza with their special crust, and much more.



### Barelas

**Thursday, February 17**

Check in: 10:45 am • Return: 1:30 pm  
\$1 transportation

### North Valley

**Thursday, February 23**

Check in: 10:45 am • Return: 1:30 pm  
\$1 transportation

## Balloon Museum

The Anderson-Abruzzo International Balloon Museum soars with fun. See balloons and zeplins hanging from an oversized ceiling that seems to reach to the sky. Make a balloon rise at the touch of a button, get in a gondola and try to make your virtual hot air balloon lift. Learn to tie a knot so you can keep your balloon afloat. The Balloon Museum has fun, history, and lots of exhibits, all packed together in one soaring, open space that measures 25,000 square feet. After we will have lunch at Furr's Buffet.



### Manzano Mesa

**Tuesday, February 21**

Check in: 10:00 am • Return: 2:00 pm  
\$2 transportation

### Barelas

**Tuesday, February 28**

Check in: 9:00 am • Return: 2:00 pm

## Road Runner Food Bank

We will take a tour of the largest food assistance agency in the state and learn about the hungry in the state, how to reach them and help feed them. After the tour, we will volunteer to help process the food, prepare breadboxes, repackage and sort food items. Closed toe shoes required.



### Palo Duro

**Wednesday, February 22**

Check in: 9:30 am • Return: 3:00 pm  
\$1.50

## March

## National Fiery Foods and Barbecue Show

Now in its 21 year, this show is the largest spicy foods and barbecue expo. Featuring 200+ exhibitor booths filled with more than 1,000 different products. The show attracts more than 14,000 trade and general public attendees from all over the world.



### Barelas

**Friday, March 2**

Check in: 3:15 pm • Return: 8:30 pm  
\$3.50 transportation, \$15 admission

### Los Volcanes

**Friday, March 2**

Check in: 3:15 pm • Return: 8:30 pm  
\$3.50 transportation, \$15 admission

## Railrunner

All Aboard! We will leave downtown Albuquerque at 10:37 am and arrive at the Santa Fe Depot at 12:05 pm. Shop and have lunch in Santa Fe. We return at 4:10 pm and arrive Downtown Albuquerque at 5:35 pm.



### Los Volcanes

**Wednesday, March 7 and**

**Tuesday, May 15**

Check in: 9:30 am • Return: 6:00 pm  
\$3 van transportation, \$6 train ticket

## Ojo Cliente

Deemed sacred by indigenous Native Americans of Northern New Mexico, the mineral springs have been a gathering place and a source of healing for hundreds, even thousands of years. Come retreat to the secluded refuge. Relax with a massage or their signature Milagro Wrap. Rejuvenate in the legendary waters.



### Barelas

**Thursday, February 23 and**

**Tuesday, April 24**

Check in: 9:00 am • Return: 6:00 pm  
\$13 transportation, \$18 entrance

### Manzano Mesa

**Tuesday, March 6**

Check in: 9:00 am • Return: 6:00 pm  
\$13 transportation, \$18 entrance

## Old Town History Tour

Certified history guides dispel the rumors and myths with authentic information about the "Duke City" as they escort you on an exciting adventure through time. Embark on a 75-minute walking tour which takes you through the streets and alleys of one of the oldest towns in North America. Lunch to follow on the plaza.



### Bear Canyon

**Tuesday, March 13**

Check in: 9:45 am • Return: 3:00 pm  
\$3 transportation, admission at your expense

### Highland

**Tuesday, March 6**

Check in: 9:45 am • Return: 3:00 pm  
\$3 transportation, admission at your expense

### Barelas

**Tuesday, April 10**

Check in: 9:45 am • Return: 3:00 pm  
Admission at your expense

## DSA Phone Numbers

Senior Information Line	764-6400
North Domingo Baca	764-6475
50+ Fitness Office	764-6494
Barelas	764-6436
Bear Canyon	291-6211
Highland	256-2000
Los Volcanes	836-8745
Los Volcanes Fitness Ctr.	839-3710
Manzano Mesa	275-8731
North Valley	761-4025
Palo Duro	888-8102
Palo Duro Fitness Ctr.	880-2800



See page 10 for more BioPark activities



Turquoise Trail

The Turquoise Trail National Scenic Byway encompasses 15,000 square miles in the heart of central New Mexico, linking Albuquerque and Santa Fe. Drive back into history through mining towns of Golden, Madrid and Cerrillos.

**Palo Duro**  
**Wednesday, March 14**  
Check in: 9:00 am • Return: 4:00 pm  
\$7 transportation

Indian Pueblo Cultural Center

Join us for a tour of the history, art and culture of New Mexico's 19 Pueblos. After the tour enjoy lunch at the famous and delicious Pueblo Harvest Café

**Highland**  
**Thursday, March 15**  
Check in: 9:45 am • Return: 2:00 pm  
\$2 transportation, admission at your expense

**Bear Canyon**  
**Thursday, April 12**  
Check in: 9:45 am • Return: 2:00 pm  
\$2 transportation, admission at your expense

**Barelas**  
**Thursday, April 26**  
Check in: 9:45 am • Return: 2:00 pm  
\$2 transportation, admission at your expense

Laguna Feast Day

Enjoy this unique opportunity to experience Laguna's special feast day.

**Barelas**  
**Tuesday, March 19**  
Check in: 9:00 am • Return: 3:00 pm  
\$2 transportation, admission at your expense



At its peak in the 1880's, Cerrillos had more than 20 saloons and hotels. They served the miners who populated the area during the boom years.

Santuario de Chimayo

Visit the famous Santuario where the "extraordinary has occurred." Close to 300,000 people a year from all over visit the small church where many claim to have been healed from different ailments.

**North Valley,**  
**Thursday, March 22**  
Check in: 8:30 am • Return: 4:00 pm  
\$5.75 transportation

**Los Volcanes**  
**Friday, March 23**  
Check in: 9:00 am • Return: 3:00 pm  
\$11 transportation

**Barelas**  
**Thursday, March 29**  
Check in: 8:30 am • Return: 4:00 pm  
\$5.75 transportation

**Manzano Mesa**  
**Monday, April 2**  
Check in: 9:00 am • Return: 3:00 pm  
\$11 transportation, lunch at your own expense

Jackalope in Santa Fe

Founded in 1976, Jackalope is a home and garden shopping destination that is considered one of the top-five attractions visited by the more than 900,000 tourists to Santa Fe each year. The store carries beautiful and unique items from Mexico, India, Thailand, Bali, Africa, China and Egypt.

**Palo Duro**  
**Wednesday, March 28**  
Check in: 9:15 am • Return: 3:00 pm  
\$6.25 transportation

Cerrillos Turquoise Mining Museum

See many interesting artifacts, old photos, mining equipment, and more. Enjoy petting and feeding the animals in the petting zoo, and walk the dusty streets of Cerrillos, where you can be transported back to the days of steam engines, horse and buggies and a simpler way of life. Lunch at CJ's Restaurant.

**Barelas**  
**Friday, March 30**  
Check in: 8:45 am • Return: 3:00 pm  
\$5 transportation, \$2 admission

**North Valley**  
**Friday, March 30**  
Check in: 8:45 am • Return: 3:00 pm  
\$5 transportation, \$2 admission

April

Natural History Museum Planetarium

Enjoy a guided tour of the night sky in the comfort of the indoors. Lunch to follow at Little Anita's.

**Highland**  
**Wednesday, April 4**  
Check in: 10:15 am • Return: 3:30 pm  
\$1.50 transportation, Admission at your own expense

Sandia Peak Tramway

See the dramatic beauty unfold before you with panoramic views of the Rio Grande Valley on this 2.7 mile tram ride.

**Palo Duro**  
**Wednesday, April 4**  
Check in: 12:45 pm • Return: 5:00 pm  
\$2.50 transportation, tram ride at your own expense

New Mexico Tourism Department, Dan Monaghan



The Sandia Peak Tramway is an engineering marvel. But it is the view from the western slope of the Sandia's that has drawn more than 6-million visitors since the Tram first opened in 1967. The car climbs 4000 feet in about 18 minutes, depositing riders at the top of Sandia Peak.

Tome Hill

Join us for a beautiful morning made more special by the pilgrims wending their way up Tome Hill.

**Barelas, North Valley**  
**Friday, April 6**  
Check in: 8:00 am • Return: 2:30 pm  
\$4.50 transportation

Georgia O'Keefe House Trip

Georgia O'Keefe (1887–1986) was an important American modernist who painted the stunning landscape and architecture of Northern New Mexico for over 40 years. Join us as we tour this magnificent home filled with art and tradition.

**Los Volcanes**  
**Tuesday, April 17**  
Check in: 8:15 am • Return: 2:00 pm  
\$16 transportation, \$30 admission

Meals are at your own expense unless otherwise stated.

Skip Maisel's Wholesale Indian Jewelry & Craft

With the largest selection of Native jewelry and crafts in the southwest, Maisel's store is the premier shop on historic Route 66. This landmark 1930's unique structure is a site to see. Join us for a day of shopping and lunch in downtown Albuquerque.

**Bear Canyon**  
**Tuesday, April 17**  
Check in: 9:45 am • Return: 3:00 pm  
\$1.50 transportation

A Day in Santa Fe

We'll board the Rail Runner in Albuquerque at 10:47 am and arrive in Santa Fe at 12:13 pm. Shop and have lunch and return by Rail Runner at 4:10 pm to arrive in Albuquerque at 5:23 pm.

**Manzano Mesa**  
**Saturday, April 21**  
Check in: 9:00 am • Return: 6:00 pm  
\$3 transportation, \$6 train ticket

Santa Fe Microbrews and Brewpubs Trip

Tour and sample the wares of Santa Fe Micro Brewery, one of New Mexico's oldest microbreweries. Then visit Second Street Brewery for another tour and some more tasting.

**Los Volcanes**  
**Saturday, April 21**  
Check in: 10:00 am • Return: 4:00 pm  
\$8 transportation

ABQ Uptown

Join us for an afternoon of shopping and site seeing in Albuquerque's newest and most exciting Town Center. Browse the latest shops from the Apple Store to Pottery Barn, not to mention the many delicious lunch options.

**Bear Canyon**  
**Tuesday, April 24**  
Check in: 9:45 am • Return: 3:00 pm  
\$1.50 transportation



# ABQ BioPark

The ABQ BioPark is the Zoo, Botanic Garden, Tingley Beach and Aquarium. The BioPark offers a variety of events from live music to educational enrichment activities for all ages.



9:00 am–5:00 pm: daily; 9:00 am–6:00 pm: Saturdays, Sundays, Memorial Day, July 4, and Labor Day. Closed Jan. 1, Thanksgiving, and Dec. 25. Tingley Beach is Free an open year-round from sunrise to sunset.

**BioPark Combo Ticket**  
(Zoo, Aquarium, Garden and Train Rides)  
\$12 Adult; \$5 Child (3-12) or Senior (65+)

## Special Event Calendar

Most of these events require facility admission and some an additional fee to participate (\$).

### JANUARY

- 1–8 **Kadomatsu in the Japanese Garden.** Pine and bamboo arrangements at the Botanic Garden
- 21 **Scales, Scutes and Skins—Amphibian and Reptile Conservation Day.** Visit Discovery Stations at the zoo to learn about snake scales, turtle shells and salamander skin. 10 am–2 pm
- 28 **Sea Turtle Awareness Day.** Visit the Aquarium to learn about sea turtles and how we can help them. 10 am–2 pm

### FEBRUARY

- 11 **Valentine's Day at the BioPark.** Visit Discovery Stations around the zoo, aquarium and botanic garden to learn about the amazing ways animals attract a mate and plants reproduce. 10 am–2 pm

- 11 **Adults-Only Valentine's Day Tours.** Indulge your animal instincts with special tours about the exotic, erotic, and often curious romantic rituals of animals. Ages 18 and up only. \$10. 2 pm
- 18–19 **Great Backyard Bird Count at Tingley Beach.** Join citizen scientists around the country for the annual winter bird count. 8 am–12 pm
- 25 **Winter Wool Festival at Botanic Garden.** Celebrate the connections between plants, animals and people at the Heritage Farm. 10 am–2 pm
- 25 **Kids' Fishing Fair.** Children, ages 4–12, are invited to join us for this fun and free event featuring fish and wildlife discovery stations. 10 am–2 pm



### March

- 3–31 **Bulbs in Bloom.** Brighten up your winter with this show in the Mediterranean Conservatory. 9 am–5 pm
- 7–4/29 **Spring Pastel Flower Show at Botanic Garden.** Pale blues, pinks and purples welcome spring in the Mediterranean Conservatory. 9 am–5 pm
- 15 **Spring Green Connection.** Uncover the fascinating world of plants at the Botanic Garden, enjoying tours, games and activities. Pre-registration required. \$15 per child. 10 am–3:30 pm
- 16 **Spring Outdoor Adventure.** Trek through the bosque at Tingley Beach, enjoying tours, games and activities. Pre-registration required. \$15 per child. 10 am–3:30 pm
- 17 **National Quilting Day.** View handmade quilts and watch quilters at work to gain a greater appreciation of this centuries-old, yet still thriving, art form. 10 am–2 pm

### APRIL

- 21 **Earth Day Celebration.** Visit the BioPark and learn how our actions matter when it comes to helping animals and plants. Discovery stations and hands-on activities. 10 am–2 pm



### MAY

- 6 **27th Annual Run for the Zoo.** Run, walk or stroll in this annual fundraiser for the Zoo. Half-marathon, 10K, 5K and 1-mile races. Pre-registration required. Info: NM BioPark Society, 903 10th Street SW, (505) 764-6280, [www.runforthezoo.org](http://www.runforthezoo.org). Ticket prices vary. 7–10am
- 12, 13 **Bonsai Show at the Garden.** Local, xeric bonsai plants exhibited in the Garden Showroom. Co-sponsored by the Albuquerque Bonsai Club. 9 am–5 pm
- 13 **Annual Mother's Day Concert at the Zoo.** A lovely way to spend the day. Tickets included with regular admission. 2–5 pm

### JUNE

- 2 **National Fishing Day. No license required for this day only!** Enjoy special activities and discovery stations in the morning. Fishing ponds open as usual from sunrise to sunset. 8 am–12 noon
- 7 **Sustainable Seafood Festival.** Sample tasty, eco-friendly seafood prepared by some of Albuquerque's finest restaurants and learn about the best seafood choices. The night will be filled with music under the stars, cooking demonstrations, wine sampling and education stations. \$30. 6–9 pm
- 17 **Father's Day Fiesta.** Bring Dad to listen to some great Latin music and have a wild time for Día de los Padres at the zoo! 1–5 pm

## Brown Bag Seminars

Seminars take place at the Zoo and at the Aquarium/Botanic Garden. BioPark staff and field experts discuss conservation science during this series of informal lunchtime lectures.

Jan 7, March 3, April 5, April 7, May 3, May 5, June 2, 12:45–1:30 pm

ABQ BioPark Zoo, 903 10th St. SW, and Botanic Garden & Aquarium  
2601 Central Ave. NW  
(505) 764-6214, [www.cabq.gov/biopark/zoo](http://www.cabq.gov/biopark/zoo).  
Tickets: Included with admission.



## June Concerts

Join us this summer for concerts at the Zoo and ABQ BioPark Botanic Garden. These outdoor concerts showcase regional, national and international talent playing a variety of music.

General lawn seating, you can bring your own seating—blankets or lawn chairs. Food available to purchase, or bring your own picnic. Beer and wine are also available to purchase. You may not bring in your own.

\$10 adults, \$5 seniors (65+),  
\$3 children (3–12),  
children 2 and younger free

### Zoo Music

Animal exhibits are open until 8 p.m.

June 22, June 29  
Zoo, 903 10th Street SW  
Friday, 6:00–9:30 pm

### Summer Nights at the Botanic Garden

During the concerts, stroll the grounds, and enjoy a magic show.

June 14, June 21, June 28  
Botanic Garden and Aquarium  
2601 Central Avenue NW  
Thursday, 6:00–9:30 pm

## Rio Grande Council of Governments

Have you ever wondered how the Transit and Railrunner operate? Take a tour with Irma Ruiz and see how it all comes together. After we will have lunch Downtown.



**North Valley**  
**Wednesday, April 25**  
 Check in: 9:00 am • Return: 1:30 pm  
 75¢ transportation

## Allen Houser Sculpture Garden



Join us for a tour of the sculpture garden compound resting atop the juniper-covered hills between the villages of Cerrillos and Galisteo. The sculpture garden was first created in 1985 following the construction of the Visitor's center, and has evolved into approximately 10 acres of trails which display 85 outdoor works.

**Palo Duro**  
**Wednesday, April 25**  
 Check in: 8:30 am • Return: 4:00 pm  
 \$7.50 transportation, garden admission and lunch at your own expense

## El Malpais National Monument



El Malpais was created by volcanic lava eruptions. Over the past million years, lava flowed from many eruptions forming cinder cones, craters, trenches, caves, and other eerie formations. After, we will have lunch in Grants.

**North Valley**  
**Thursday, April 26**  
 Check in: 8:00 am • Return 4:30 pm  
 \$6 transportation, admission free

## South Mountain Dairy



Located in Southern Santa Fe County at the base of South Mountain, also known as the East Mountains, this dairy is a farmstead, artisan cheese business. Farmstead because they use only the milk from the goats who are raised on their farm. Artisan because they make their cheeses by hand.

**Manzano Mesa**  
**Sunday, April 29** (subject to change)  
 Check in: 10:00 am • Return: 2:00 pm  
 \$4.50 transportation

## May

### San Felipe Feast Day

San Felipe is one of the most culturally conservative of all the Keresan speaking people, passionately retaining their traditional religion and customs despite relentless pressures from the outside world. One of the unique features of the pueblo is the huge sunken bowl of the plaza, three feet below the level of the surrounding space.



**Barelas**  
**Tuesday, May 1**  
 Check in: 9:00 am • Return: 3:00 pm  
 \$5 transportation, lunch at your own expense

**Los Volcanes**  
**Tuesday, May 1**  
 Check in: 9:00 am • Return: 3:00 pm  
 \$5 transportation, lunch at your own expense

### Old Windmill Dairy

We will spend a fun-filled day at the Old Windmill Dairy in Estancia and learn about how to make cheese as we tour the farm, the cheese cellars, and meet the animals.



**Palo Duro**  
**Friday, May 4**  
 Check in: 9:15 am • Return: 4:00 pm  
 \$6.25 transportation

### Rail Runner to Santa Fe

Ride the rails to Santa Fe for a day of shopping and site seeing. Then enjoy a nice lunch in the plaza, but remember to catch the shuttles on time to ride the rails back to Albuquerque. We leave from Journal Center Station at 9:50 am and arrive at Santa Fe Depot at 11:15 am. We leave from Santa Fe Depot at 4:10 pm and arrive at Journal Center at 5:29 pm.



**Highland**  
**Tuesday, May 8**  
 Check in: 9:00 am • Return: 6:00 pm  
 \$1.50 transportation, Rail Runner ticket & lunch on your own

**Barelas**  
**Tuesday, May 15**  
 Check in: 9:00 am • Return: 6:00 pm  
 \$1.50 transportation, Rail Runner ticket & lunch on your own

## Activities are free with membership unless otherwise noted

### Scavenger Hunt in Old Town



Use all of your skills and abilities to solve a challenging series of clues in this fun and memorable event. This exciting 3-hour scavenger hunt through Albuquerque's oldest neighborhood is a great way to learn the history, legends and lore of Old Town, Christmas or the Paranormal—and you could win a prize! Wear comfortable shoes and clothing.

**North Valley**  
**Friday, May 11**  
 Check in: 11:00 am • Return: 5:00 pm  
 \$1 transportation, \$10 admission

### Santa Fe Flea Market

More than just a flea market, this flea market has a great mix of traditional flea vendors as well as antique tents and artist's tents.



**Manzano Mesa**  
**Saturday, May 12**  
 Check in: 7:00 am • Return: 2:00 pm  
 \$7 transportation

### Corrales Winery

Located just minutes north of Albuquerque along the legendary Rio Grande, the Corrales Winery lies in the heart of the oldest wine growing region in North America. Taste their award-winning selection of red and white wines. After we will have lunch at the Indigo Crow Restaurant.

**Palo Duro**  
**Wednesday, May 16**  
 Check in: 9:30 am • Return: 3:30 pm  
 \$2.50 transportation



### Las Vegas, NM

Las Vegas is an enchanting place to visit. We will spend our time taking in the breathtaking sites and visiting museums while learning interesting history about this historic town.

**North Valley**  
**Friday, May 18**  
 Check in: 8:00 am  
 Return: 4:30 pm  
 \$13 transportation



### Hays Honey and Apple Farm

How better to spend a late spring morning than by visiting a local working farm and learning about the apples and the bees. Lunch after at Sopa's.



**Barelas**  
**Thursday, May 24**  
 Check in: 8:00 am • Return: 1:30 pm  
 \$4.50 transportation

**Palo Duro**  
**Wednesday, June 13**  
 Check in: 9:00 am • Return: 2:30 pm  
 \$5.50 transportation

### Plaza to Plaza Walking Tour

With the help of an information booklet enjoy this self-guided downtown to old town scenic walking tour. The trail is about 1.3 miles and takes about 30 minutes at a normal walking pace. See and learn about historic neighborhoods and buildings, public art, and distinctive design. Lunch to follow in Old Town.



**Highland**  
**Thursday, May 24**  
 Check in: 10:00 am • Return: 2:00 pm  
 \$1.50 transportation

### Cimarron NM St. James Hotel



Join us as we visit the Historic Heart of the West in the Northern New Mexico town of Cimarron, established in 1857. Visit a most unusual museum and the haunted St. James Hotel.

**Los Volcanes**  
**Thursday, May 24**  
 Check in: 7:00 am • Return: 6:00 pm  
 \$25 transportation

### El Morro National Monument

Located on an ancient east-west trail in western New Mexico, the main feature of this National Monument is a great sandstone promontory with a pool of water at its base. As a shaded oasis in the western U.S. desert, this site has seen many centuries of travelers.



**Manzano Mesa**  
**Friday, May 25**  
 Check in: 9:00 am • Return: 5:00 pm  
 \$13 transportation, bring a sack lunch



## Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. Long before the Spaniards described this deep volcanic aquifer as the “hot eye” and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from deep below the earth’s surface.

### North Valley Thursday, May 31

Check in: 8:00 am • Return: 4:30 pm  
\$12 transportation, \$18 mineral bath (Includes all day access to pools and steam baths) other services at your own expense. Bring a lunch or purchase one at the Artesian Restaurant.



The Very Large Array, or VLA commonly, is one of the world's premier astronomical radio observatories. It consists of 27 huge but moveable radio antennas placed along railroad tracks in a Y-shaped configuration on the Plains of San Agustin, fifty miles west of Socorro.

## June

### Very Large Array Tour

Enjoy a behind-the-scenes tour of one of the world’s premier astronomical radio observatories consisting of 27 radio telescopes in a Y-shaped configuration fifty miles west of Socorro, NM. Bring a sack lunch.



### North Valley Saturday, June 2

Check in: 8:00 am • Return: 4:00 pm  
\$15 transportation, admission free



Photo: New Mexico Tourism Department, Mike Stauffer

## Las Golondrinas Spring Festival



El Rancho de las Golondrinas is a living history museum, located on 200 acres in a rural farming valley just south of Santa Fe. Come along to the annual Spring Festival to enjoy costumed villagers shearing sheep, baking bread and more.

### Barelas Saturday, June 2

Check in: 8:45 am • Return: 4:00 pm  
\$3 transportation, admission & lunch on your own

### Highland Saturday, June 2

Check in: 8:45 am • Return: 4:00 pm  
\$3 transportation, admission & lunch on your own

### Los Volcanes Saturday, June 2

Check in: 8:45 am • Return: 4:00 pm  
\$3 transportation, admission & lunch on your own

### Manzano Mesa Saturday, June 2

Check in: 8:45 am • Return: 4:00 pm  
\$3 transportation, admission & lunch on your own

## Santa Fe National Cemetery

On Flag Day, we will take a trip to honor and visit the resting place of loved ones. Afterwards, we will visit the Plaza and have lunch.



### Highland Thursday, June 14

Check in: 8:45 am • Return: 4:00 pm  
\$5 transportation

## Albuquerque Microbrews and Brewpubs

New Mexico beers are showing up among the winners at the Great American Beer Festival and World Beer Cup. Enjoy seasonal and special production beers, including some brews from local ingredients. Tour the award-winning Chama River Brewery and enjoy a late lunch at their restaurant afterward. We conclude our trip at Il Vicino Brewing Company.



### Los Volcanes Saturday, June 16

Check in: 1:15 pm • Return: 6:00 pm  
\$2 transportation

## Anderson-Abruzzo Albuquerque International Balloon Museum

### Exhibits

#### Luxembourg By Hot Air Balloon: A Photographic Exposé of the Grand Duchy of Luxembourg

**December 18, 2011–March 25, 2012**

Captured by Luxembourg photographer and author Rob Kieffer, and his team, these 30 magnificent landscape photos feature the Osling region of the Ardennes, the Gutland, Luxembourg City, the Minette area, and the Moselle Valley. The show has been exhibited in New York, Prague, Bangkok, Brussels, Amsterdam, Lisbon, Bratislava and Vienna and is made possible by Luxembourg’s Ministry of Foreign Affairs, and the Embassy of Luxembourg, Washington, DC.

#### FAI Ballooning Commission International Hall of Fame

##### Permanent Exhibit

The Hall features some 40 inductees and recognizes people who have made significant contributions to aerostation. Inductees with a New Mexico connection include Sid Cutter, the Balloon Fiesta co-founder, Maxie Anderson, Ben Abruzzo, and Larry Newman of the first trans-Atlantic balloon flight.

### Family Programs

#### Spring Break Family Day

*Special Stories in Sky* performance, art projects, balloon demonstrations, and entertainment.

**March 14, 9:30–10:30 am**  
Regular museum admission.

#### Stories in the Sky!

**Wednesday, 9:30–10:15 am**  
FREE Admission

Discover our weekly hidden gem of free educational fun for little ones and their adult companions. Hear a story and participate in music or a craft project related to the story. Designed to engage even the youngest visitors with stories, music and movement, and engaging curiosity that expands the learning experience, “Stories in the Sky” was developed by the Museum’s Curator of Education, Laurie Magovern, who leads the group each week.



9201 Balloon Museum NE  
**Tuesday–Sunday, 9:00 am–5:00 pm**  
Closed Mondays, Christmas Day, and New Year’s Day  
Information: (505) 768-6020

\$4 Adults; (\$3 NM Resident); \$2 Seniors (65+);  
\$1 Children (ages 4-12); Toddlers (3 and under) Free

Free admission on first Friday of every month and  
Sundays from 9:00 am–1:00 pm, except during  
Balloon Fiesta and when fee-based programs are  
offered at normally free times.



# What's Happening at the Albuquerque Museum of Art & History



## Exhibits

.....  
Albuquerque:

Along the Rio Grande

**North and Transition Galleries**  
**Nov 2011–Ongoing**

For more than one hundred and twenty centuries, humans have lived in the central Rio Grande Valley. When Spanish explorer Francisco Vásquez de Coronado's army camped in the area in 1540–1542, they encountered an indigenous Tiwa-speaking native culture well adapted to a high desert environment and battling to retain its autonomy and cultural beliefs. Heavily drawn from *Four Centuries: A History of Albuquerque*, this exhibit includes many of our most beloved and iconic artifacts.

.....  
Social Satire & Commentary

**West Gallery**  
**Dec 18, 2011–Apr 8, 2012**

Drawn from the Museum's extensive holdings of works on paper, this exhibition examines artists who comment on society by drawing attention to injustice or poking fun at the human condition. Most of these objects have not previously been exhibited at the Museum and include works by Barton Benes, T.C. Cannon, Mexican master Jose Luis Cuevas, Harry Fonseca, Luis Jiménez, John Sloan, and Jaune Quick-to-See Smith.

.....  
Common Ground:  
Art in New Mexico

**East Gallery • Ongoing**

This exhibit highlights significant and museum-owned works from the late 19th century to the present day, including some that have never before been viewed by the public.

Francisco Goya: *Los Caprichos*

**North Gallery • Feb 5–May 13**

This exhibition features an early first edition of *Los Caprichos*, a set of eighty etchings by Spanish artist Francisco de Goya y Lucientes published in 1799. Included in the exhibition for comparison are other works by Goya.

To augment Goya's *Los Caprichos* prints, the exhibition will include the work of several contemporary artists including Enrique Chagoya, Jason Garcia (Santa Clara), Diego Romero (Cochiti), Roger Shimomura, Jaune Quick-to-See Smith (Flathead, Shoshone), and Masami Teraoka. Like Goya, these exceptional artists all incorporate social commentary and social critique as integral aspects of their work.



**Francisco Goya y Lucientes**  
*The sleep of reason produces monsters*  
1796–97  
etching and aquatint on paper  
8 7/16" x 5 15/16"

.....  
Ancient Art of the Americas

**North Gallery • June 10–Aug 26**

Organized by the Walters Art Museum, Baltimore, this exhibition draws on: Mesoamerica, Central America, and Andean South America. Objects include ceramic, jade and precious metals and represent major cultural traditions, among them Maya, Olmec, Aztec, Nazca and Colima.



photo: Kirk Gittings

Focus on Youth Photography

**Apr 22–June 10**

Over 100 photographs by high school students in this juried exhibition in partnership with the APS Fine Arts Program.

## Special prices

.....  
Free Admission Times

Visit the changing and permanent exhibitions, have a meal or beverage at the café and shop in the Gallery Store. Fees for special exhibits and events still apply.

**Sunday Mornings Free**  
**Sunday, 9:00 am–1:00 pm**

**Free 1st Wednesdays**  
**1st Wednesday, 9:00 am–5:00 pm**

**Free 3rd Thursday nights**  
**3rd Thursday, 5:00–8:30 pm**

The Museum will host an event (talk, performance, activity, etc) in conjunction with each Night at the Museum.

## Events

.....  
Spring Heritage Day  
at Casa San Ysidro

**May 19th • 10 am–4 pm**

.....  
New Mexico Car Club Show

**Mountain Rd and 19th St., May 20**

Casa San Ysidro: The  
Gutiérrez-Minge House



photo: Damien Andrus

The Albuquerque Museum's historic Casa San Ysidro is located in the Village of Corrales. The original home, built by the Gutiérrez family, dates to the 1870s. Today Casa San Ysidro also includes Alan and Shirley Minge's recreation of a 19th century rancho, complete with a small family chapel, a central plazuela and an enclosed corral area.

**Casa San Ysidro**  
973 Old Church Rd, Corrales  
\$4 adults; \$3 seniors (65+) and students (13+); \$2 children (12 and under)

**Guided Tours:**  
**June, July and August**  
Wed–Fri: 9:30 am, 1:30 pm;  
Sat: 9:30 am, 10:30 am, 1:30 pm;  
Sun: 2:00 pm

**September–November;**  
**February–May**  
Wed–Sat: 9:30 am, 1:30 pm;  
Sun: 2:00 pm  
<http://www.cabq.gov/museum/history/casatour.html>

Casa San Ysidro is closed  
December and January

The Albuquerque Museum of Art and History • 2000 Mountain Road NW

Tue–Sun, 9:00 am–5:00 pm • Closed Mondays, Thanksgiving, Christmas and New Year's Day.

\$2 Senior (65 & older), \$3 Adult\* (19–64), \$3 Teen (13–18), \$1 Child (4–12), children 3 and younger free (\*\$4 Non NM resident adults)



## Pecos National Monument

The Pecos National Monument is in the midst of piñon, juniper, and pine woodlands in the Sangre de Cristo Mountains 25 miles southeast of Santa Fe. See the remains of an Indian pueblo that stands as a meaningful reminder of the people who once prevailed in this beautiful area. Long before the arrival of Spanish explorers, long before it was called “Pecos,” this pueblo village was the focus of trade between people of the Rio Grande Valley and hunting tribes of the buffalo plains. Bring a sack lunch.

### North Valley

**Wednesday, June 20**

Check in: 8:00 am • Return: 4:30 pm  
\$7.50 transportation, \$3 admission

## Pueblo of Jemez-Walatowa Visitor Center

Beginning with the photo exhibit, visitors will find themselves engaged in journey from the time of our origins through centuries of migration, change and adaptation into the new millennium. Demonstrating life around World War II, these photographs display timeless harmony and effectiveness of a way of life now largely passed, one that deserves respect and renewed attention. After the museum visit you will have lunch at Los Ojos Restaurant and Saloon in Jemez Springs.

### Palo Duro

**Friday, June 22**

Check in: 9:15 am • Return: 4:00 pm  
\$6.50 transportation & lunch at your own expense



Inaccessible Features



Accessible

## Return Times are Approximate

### Day Touring other Senior Centers

We will spend the day touring all Department of Senior Affairs, Senior Centers. Some of you may have never been to other centers. This is your opportunity to get familiar with how they operate and what they have to offer. Lunch at Palo Duro Center. Wear comfortable shoes.

### North Valley

**Monday, July 26**

Check in: 8:00 am • Return: 4:00 pm  
50¢ transportation, lunch at your own expense



Accessible

### Sandia Pueblo Feast Day

The Pueblo celebrates its annual feast day on June 13, with a dance held in honor of the Pueblo's patron saint.



Accessible

### Barelas

**Wednesday, June 13**

Check in: 9:00 am • Return: 3:00 pm  
\$5 transportation, lunch at your own expense

### Los Volcanes

**Wednesday, June 13**

Check in: 9:00 am • Return: 3:00 pm  
\$5 transportation, lunch at your own expense

### Manzano Mesa

**Wednesday, June 13**

Check in: 9:00 am • Return: 3:00 pm  
\$5 transportation, lunch at your own expense

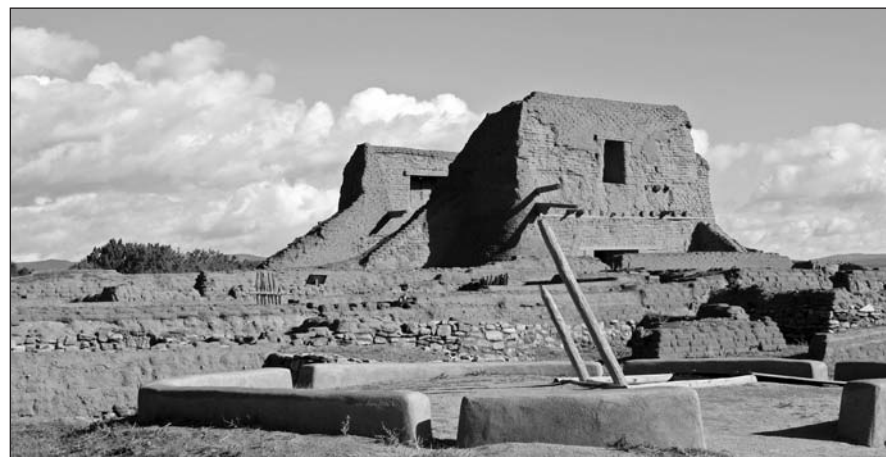
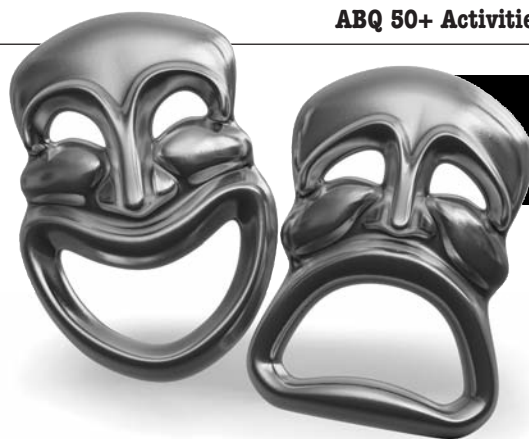


Photo: New Mexico Tourism Department, James Orr

Pecos National Historical Park preserves 12,000 years of history including the ancient pueblo of Pecos, two Spanish Colonial Missions, Santa Fe Trail sites, the 20th century ranch history of Forked Lightning Ranch, and the site of the Civil War Battle of Glorieta Pass. On Santa Fe Trail National Scenic Byway.



## Theater Trips



Accessible

### Adobe Theater

#### The Drowsy Chaperone

By Bob Martin & Don Kellar; music and lyrics by Lisa Lambert and Greg Morrison

This is a fall off your chair funny musical farce is homage to American musicals of the jazz age. It won 8 Tony Awards in 2006 including best book. The “Man In The Chair,” a mousy agoraphobic Broadway fanatic seeking to cure his “non specific sadness”, listens to a recording of a fictional 1929 musical comedy. As he listens to this rare recording, he is transported into the musical. The characters appear in his dingy apartment, and it is transformed into a Broadway set. From time to time the Man in the Chair tries to insert his extensive but trivial knowledge of musical performances and actors.

### Bear Canyon

**Sunday, February 26**

Check in: 12:45 pm • Return: 5:00 pm  
\$13.50 transportation and admission

### Los Volcanes

**Sunday, February 26**

Check in: 12:45 pm • Return: 5:00 pm  
\$13.50 transportation and admission

### Opera Southwest

#### Puccini Double Bill

Suor Angelica & Gianni Schicchi

Music by Giacomo Puccini; Libretto by Giovacchino Forzano

Two of three one-act operas featured in Puccini's “Il Trittico” which tells the tales of three separate lives each headed towards heaven, hell, or purgatory. Join us at the National Hispanic Cultural Center for Suor Angelica (heaven) and Gianni Schicchi (hell).

### Bear Canyon

**Sunday, April 1**

Check in: 12:45 pm • Return 5:00 pm  
\$27.50

### Albuquerque Little Theater

#### Anne of Green Gables

Adapted by Joseph Robinette from the novel by L.M. Montgomery

This play faithfully recreates the memorable events and characters from L.M. Montgomery's brilliant novel. Whether the playgoer is an “old friend” of Anne's or meeting her for the first time, this play will solidify a lasting friendship between the audience and one of literature's most unforgettable characters.

### Bear Canyon

**Saturday, March 3**

Check in: 12:45 pm • Return: 5:00 pm  
\$10.50 transportation and admission

### Los Volcanes

**Saturday, March 3**

Check in: 12:45 pm • Return: 5:00 pm  
\$10.50 transportation and admission

### Santa Fe Opera

#### Tosca

Tosca is an opera in three acts that contains some of Puccini's best-known lyrical arias, and has inspired memorable performances from many of opera's leading singers. The work, based on Victorien Sardou's 1887 French-language dramatic play, La Tosca, is a melodramatic piece set in Rome in June 1800, with the Kingdom of Naples's control of Rome threatened by Napoleon's invasion of Italy.

### Highland

**Wednesday, August 8**

Check in: 5:15 pm • Return 2:00 am  
\$53.50





SATURDAY, JUNE 16TH

# ALBUQUERQUE

## CENTENNIAL SUMMERFEST

*Celebrating 100 Years of  
Statehood through music and art*

Join us as we celebrate New Mexico's Centennial with dancing, food, music, car shows, an arts market, free children's activities and a territorial village. Get a taste of New Mexico's past and what lies ahead while you explore our state's rich history.

### PERFORMANCE STAGES ON CENTRAL

Central Avenue activities take place from 12:00 noon–6:30 pm. Five performance stages will be featured along Route 66 (Central Avenue) in Downtown Albuquerque.

**1 The Hispanic Heritage Stage** (3RD & CENTRAL) featuring flamenco, mariachis, folk dance, New Mexico Music (music with influences from Mexico, Spain, Europe, and home).

**2 The Native American Stage** (4TH & CENTRAL) will feature traditional and modern Native American music and dance along with Native American crafts displays, vendors and food.

**3 The World Stage** (5TH & CENTRAL) will be located against Albuquerque's most iconic KiMo Theatre. Peoples from throughout the world have migrated to New Mexico bringing with them their culture, music and dance. The World Stage will provide performances and displays with influences from several continents.

**4 The Route 66 Rock and Rockabilly Stage and Car Show.** (7TH & CENTRAL) Albuquerque has one of the most authentic portions of the "Mother Road," where classic cars and hot rods are synonymous with Route 66. See some of the finest and most unique automobiles collected and presented on Old Route 66.

**5 The Territorial Village** (8TH & CENTRAL AT ROBINSON PARK) Enjoy a look at our City and State's unique past. Eat from authentic Chuck Wagons where food is prepared from Dutch ovens or cooked underground. Beware of the gun fighters (actors) with comically serious reenactments of the Wild West. Purchase fruits and vegetables at our Territorial Grower's Market. Listen and dance to western performing artists at the Territorial Stage.

### ARTS EVENTS

**Centennial Contemporary and Traditional Juried Art Show** (ALONG SIDE CENTRAL AVE. BETWEEN 6TH & 7TH ST.) Experience the fine art of New Mexico. See and purchase fine art from traditional retablos and Santos, to two- and three-dimensional contemporary works.

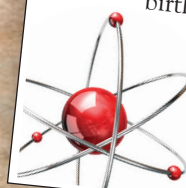
**"Center of the City" Project Unveiling and Dedication**—This art piece commemorates the City's geographic center at the time of statehood in 1912 and today. The Public Art Program will also host a trolley tour of public art around town during the Centennial Celebration, times to be announced. For more info about the Public Art Program sign up for the bi-monthly e-newsletter at [www.cabq.gov/publicart/e-newsletter-archive](http://www.cabq.gov/publicart/e-newsletter-archive).

### FREE CONCERT AND FIREWORKS SHOW

at Harry E. Kinney Civic Plaza • 7:00 pm–11:00 pm

The 2012 New Mexico Centennial Summerfest will conclude with a free concert featuring an internationally renowned performer. At the conclusion of the concert the audience will experience a fireworks show launched from downtown Albuquerque.

**The Atomic Age**—New Mexico was the birthplace of the atomic age. See displays about the Manhattan Project, White Sands, and more. Also see displays of New Mexico's charge into the future, from Sandia National Labs and Intel, to the NM Spaceport.



### Children's Activities

Enjoy a variety of children's activities including free fun jumps, arts and crafts, and performances.



## Downtown Albuquerque

Robinson Park  
Territorial Village

Harry E. Kinney  
Civic Plaza  
Evening concert &  
fireworks show

**Great Food**—Sample the delicious foods for which New Mexico is known. Red and green chile of course, but also Native American fare, fresh made tortillas, an authentic matanza, and genuine chuck wagon dutch oven cooking. Plus a variety food vendors.

Cultural  
& Community  
Events



# Presentations

## Health Awareness and Prevention

### Better Living, Pain Free thru Acupressure—

Join us for these informative health talks.

**Barelas, Rooms Coal and Lead**  
**Tuesday, 11:30 am–12:30 pm**

**Arthritis: Jan. 10**

**Carpel tunnel: Jan. 24**

**Stop Smoking: Feb. 14**

**Tinnitus (ringing of the ear): Feb. 21**

**TMJ (jaw pain) Mar. 6**

### Natural Life Acupuncture and Wellness

Join us for these wellness workshops. Topics covered: 5 Secrets to Permanent Weight loss, Natural Solutions to Allergies, and Balancing Hormones Naturally.

**North Domingo Baca, Class 1**  
**2nd Saturday, 10:00–11:30 am**  
Jo Hermann

### Dealing with Cognitive Issues

Are you struggling to provide care for an aging loved one who is showing signs of cognitive decline? Do you know the symptoms of dementia? Are you looking for ways to communicate with a cognitively impaired loved one? This workshop can help.

**Bear Canyon, Room 4**  
**Wednesday, January 4, 10:00–11:30 am**  
Frank Mastropiero, Home Instead Senior Care

### Project Hope

Project HOPE and United Health Group have developed an initiative to reach New Mexicans who need it most. The HOPEmobile offers screenings such as Cholesterol, Blood Glucose, AIC, BMI, Blood Pressure and Bone Density.

**Barelas, Coal & Lead**  
**Thursday, January 5 and**  
**Thursday, April 5, 10:00 am–4:00 pm**  
Project Hope Mobile

**Los Volcanes**  
**Wednesday, February 1**  
**1:00–4:00 pm**  
Project Hope Mobile



### Control Your Diabetes

Avoid the serious diabetes-related complications. Learning more about your medications, along with making sure you take good care of your skin and feet are only a few of the things you can do to control your diabetes. Gain insight on the many other ways to control and manage diabetes. Join us to get your questions answered.

**North Valley, Room 4**  
**Wednesday, January 11, 9:30–10:00 am**  
ML Johnston, UNM Salud

### Pain Management

Pain is what the patient says it is, but what is that to you and me? Come and find out what pain is and how it can be managed without giving up your quality of life.

**Bear Canyon, Room 4**  
**Wed., January 18, 10:00–11:30 am**  
Vista Care Hospice

**Highland, Room 4**  
**Mon., February 13, 9:30–10:30 am**  
Vista Care Hospice

**Palo Duro, Ponderosa**  
**Mon., March 7, 9:30–10:30 am**  
Vista Care Hospice

### Diabetes Prevention

As we get older our risks in becoming a diabetic increase. Learn about the risk factors you may have in becoming a diabetic and gain knowledge on how you can prevent or delay diabetes by losing a small amount of weight, by walking or doing other physical activity. Learn how to make healthy choices when you eat, and much more.

**North Valley, Room 3**  
**Tuesday, January 24, 5:30–6:30 pm**  
ML Johnston, UNM Salud

**Activities are free with membership**  
**unless otherwise noted**

### Healthy Eating For Life

Join us in this seminar to understand why people struggle to eat healthy and learn to make good nutrition part of your life.

**Palo Duro, Ponderosa**  
**Tuesday, January 17, 9:30–10:30 am**  
Janser, Lovelace Senior Plan

**North Valley, Room 4**  
**Wednesday, January 25, 9:30–10:00 am**  
Sponsored by Lovelace

### New Ways to Treat Chronic Pain

Learn about treatment options for people suffering from chronic pain.

**Palo Duro, Ponderosa**  
**Wednesday, February 1, 9:30–10:30 am**  
Cisneros, Boston Scientific

### A Happy Heart

February is Heart Health month, so let us give you tools to make your heart happy and healthy. We will discuss nutrition, how to view yourself in this world and how to avoid stress.

**North Valley, Room 4**  
**Wednesday, February 8, 9:30–10:00 am**  
Peter Tras

### UNMH Presentation

This presentation is to keep the community members well informed about new and existing services available at UNMH, and the programs, initiatives, finances and statistics as well. We want you to know how we are working to better serve you and your families.

**Highland, Room 6**  
**Monday, February 6, 9:30–10:30 am**  
Misty Salaz

**North Valley**  
**Wednesday, February 15, 9:30–10:00 am**  
**Tuesday, April 10, 5:30–6:00 pm**  
Misty Salaz

**Barelas, Coal & Lead**  
**Tuesday, March 13, 9:30–10:30 am**  
Misty Salaz

### Letting Go of Stress

Stress is a fact of everyday life and can have negative mental and physical effects. Learn how it impacts our lives and health and how barriers to decreasing stress get in the way of successful stress management. We'll talk about the benefits of decreasing stress and then discuss strategies to manage stress.

**Palo Duro, Ponderosa**  
**Wednesday, March 14, 9:30–10:30 am**  
Janser, Lovelace Senior Plan

**North Valley, Room 4**  
**Wednesday, June 20, 9:30–10:30 am**  
Sponsored by Lovelace

### Anti-Aging

Fight your aging battles from the outside in with cutting-edge science battling externally to protect your cells internally. Learn ways to give your skin a beautiful, even tone, diminish the appearance of fine lines and wrinkles, and provide a vibrant, glowing appearance. How would you like your own body to feel like that of a 20-year old again? We have information you can depend on, scientifically proven, backed by world-renowned doctors.

**Highland, Room 4**  
**Monday, February 27, 9:30–10:30 am**

**North Valley, Room 1**  
**Tuesday, March 20**  
**5:30–6:00 pm**

### The Brain: Your Body's CEO

Learn tips to keep good mental health and memory.

**North Valley, Room 4**  
**Tuesday, April 3**  
**5:00–5:30 pm**  
**Wednesday, April 18, 9:30–10:00 am**

### Treat Your Skin Well

Have fun while you learn more about skin care. Learn to treat your skin well, by removing makeup without damaging your skin. Try cleansers and moisturizers that will help hydrate your skin to stay looking young.

**North Valley, Room 4**  
**Tuesday, April 10**  
**5:30–6:30 pm**  
Lisa Chavez

## Diabetes and Strokes

Learn more about diabetes and strokes. Warning signs about nutrition and exercise and how they help control your diabetes. Avoid the serious complications related to diabetes and strokes, by staying knowledgeable about your disease.

**Barelas, Coal & Lead**  
**Tuesday, April 10, 9:30–10:00 am**  
Ruthy Montano

## Some One I Know Has Cancer “The Grieving Process”

The objective of this program will be to identify the stages of grieving. We will discuss some of the early signs and symptoms of the big “C”. How to help loved ones with coping skills and meaningful living. The outcome expected is an alleviation of the fears associated with a cancer diagnosis both within our self and our loved ones.

**Bear Canyon, Room 4**  
**Wednesday, April 11, 10:00–11:30 am**  
Diane M. Wilkins, RN MSN Clinical Educator

## The Top Ten Threats to Men’s Health

This presentation will focus on 10 health threats to men’s health. The good news is most are preventable and you can take steps to reduce your risks. Learn ways to live a longer and healthier life.

**North Valley, Room 4**  
**Wednesday, April 25, 9:30–10:00 am**  
Sponsored by Lovelace

## Depression: What You Need to Know

Learn the signs and symptoms of depression, myths and facts about depression, causes of depression and common treatments for depression. Depression is a treatable medical illness. There is help and hope for people who experience its devastating effects.

**Palo Duro, Ponderosa**  
**Tuesday, May 15, 9:30–10:30 am**  
Janser, Lovelace Senior Plan  
**North Valley, Room 4**  
**Wednesday, May 23, 9:30–10:00 am**  
Sponsored by Lovelace

## Health Care Quality in Albuquerque

Be Informed, Be Involved, Be Active. Learn why improving health care quality is important, and how everyone—from employers to doctors to patients and their families—has a role. Aligning Forces for Quality is a national initiative to improve health care quality. The program is in 16 communities nationwide, and Albuquerque is the only community in the Southwest to participate!

**North Valley, Library**  
**Tuesday, June 5**  
5:30–6:30 pm  
Patricia Montoya, MPA, RN



## Patient Empowerment

Be a partner in your health care—you can make a difference in the quality of care you receive. The Albuquerque Coalition for Healthcare Quality will give you tools to get the best care possible, to partner with your health care provider, and to become active in your care. This training was created by and used with permission of the National Partnership for Women and Families.

**North Valley, Library**  
**Tuesday, June 12**  
5:30–6:30 pm  
Dianne Rivera  
Sign up in advance



## Managing Fatigue

Fatigue affects productivity, thinking, relationships and physical health. This seminar addresses three critical concerns that prevent healthy sleep: insomnia, sleep disorders and lifestyles.

**Palo Duro, Ponderosa**  
**Tuesday, June 12, 9:30–10:30 am**  
Janser, Lovelace Senior Plan

## Talking to your Audiologist

Whether considering the purchase of hearing aids, already wear hearing aids, or just have difficulty hearing, you will learn how to get the answers you need to improve hearing aid performance and have a better conversation with your audiologist.

**Palo Duro, Ponderosa**  
**Tuesday, June 5, 9:30–11:00 am**  
Schwartz, ATS Resources

## How can I hear better?

What is a Loop? A loop can help remove background noise and improving clarity. Learn about the Loop system and how it works with or without your hearing aids to get the message directly into your ears.

**Palo Duro, Ponderosa**  
**Tuesday, June 19, 9:30–11:00 am**  
Schwartz, ATS Resources

## Financial

### Financial Consultations

Melissa Murphy, PhD, CFP, employee of the New Mexico Project for Financial Literacy, a non-profit organization, will be available to discuss financial concerns. Bring your questions about debt, credit, tax issues, estate planning, investments, and other financial issues. No products or services sold. This program is funded by a private donation.

**North Valley, Room 3**  
**1st Tuesday, 2:00, 2:30, 3:00, 3:30 pm**  
Call the center for an appointment

## Heat New Mexico

New Mexico Gas Company’s heating assistance fund, Heat New Mexico, helps income-qualifying New Mexicans pay their heating bills each winter. This fund comes from fellow customers like you who want to help New Mexicans in need. 100% of your tax-deductible donations go to help New Mexicans keep warmer and safer each winter.

**Barelas, Coal & Lead**  
**Wednesday, February 28, 9:30 am**  
Carol Cordova-Martinez

## How to Help Your Parents with their Finances

Do you think that your aging parent or relative needs some help to stay on top of their financial affairs? Would you like to know more about the services offered by financial and estate planning experts? Do you know how to prevent your loved one from becoming the target of a scam? This workshop will help you.

**Bear Canyon, Room 4**  
**Wednesday, Feb. 29, 10:00–11:30 am**  
Frank Mastropiero, Home Instead Senior Care



Look for this logo  
for evening & weekend activities

## Senior Investing 101

This is an informative workshop on how to safely invest as a senior. Ralph will be on hand to discuss the common traps that seniors may fall victim to with their investments, the difference between safe money and risky money and great tips on how to avoid stock market crashes. We will also discuss ways to stretch IRA funds to your heirs without leaving them a huge taxable burden.

**Palo Duro, Ponderosa**  
**Wednesday, May 9, 9:30–11:00 am**  
Hicks & Associates

## Legal

### Legal Protection for Seniors

This is an informative workshop on the legal issues that face seniors in today’s economy. Ralph Hicks, will be on hand to discuss areas in which seniors can protect their hard-earned assets, while avoiding the hassles of probate. Q&A will be conducted.

**North Valley, Room 4**  
**Wed., March 28, 9:30–11:00 am**  
Ralph Hicks & Associates, LLC  
refreshments will be served

**Palo Duro, Ponderosa**  
**Wed., June 13, 9:30–11:00 am**  
Hicks & Associates

## Probate Q & A

Judge Willow Misty Parks and the staff of the Bernalillo County Probate Court will be available to talk about and provide information on the probate process in New Mexico, the differences between formal and informal probate processes, the NM Supreme Court approved forms, personal representative’s duties, the effectiveness of certain options available to avoid probate, myths and much more.

**Highland, Room 6**  
**Monday, April 9, 9:30–11:00 am**  
Hon. Willow Misty Parks

**Bear Canyon, Room 4**  
**Wednesday, April 18**  
10:00–11:30 am  
Hon. Willow Misty Parks



## History and Traditions

### New Mexico History Presentation & Slideshow

Take a trip through New Mexico's history in a four part series. Each day will focus on a specific topic beginning with Statehood, in honor of our 100th anniversary, then through the Territorial Period, Mexican Period and Spanish Period.

**Palo Duro, Ponderosa**  
**Tuesday, February 7, 14, 21, 28,**  
 10:00–11:00 am  
 Salas

### Hollywood Valentines

Celebrate romantic love by exploring legendary Hollywood couples: George Burns and Gracie Allen and Humphrey Bogart and Lauren Bacall. Were their professional and private lives together all a bed of roses or were there some thorns along the way?

**Bear Canyon, Room 4**  
**Wednesday, February 15**  
 10:00–11:30 am  
 Carol Venturini, Historian

### New Mexico History

Learn New Mexico history as presented by author/educator Ruben Salaz. First session will be about the Mexican period: NM was part of Mexico for some 25 years. Second session; Territorial period where land grants will be discussed. And last but not least The Statehood period started in 1912.

**North Valley, Room 4**  
**Wed, March 7, Mexican Period**  
**Wed, March 14, Territorial Period**  
**Wed, March 21, Statehood Period**  
 9:30–11:00 am  
 Ruben Salaz

### Strange But True Tales of New Mexico

This presentation includes stories about the Land of Enchantment that will make you laugh, some will astound, but all are part of this state's long and fascinating history. This is a great way to get to know New Mexico in its 100th year of statehood.

**Manzano Mesa, Room 5**  
**Friday, March 30, 10:30–11:30 am**  
 Mary Diecker

Call the host center to reserve.  
 Events are free with membership  
 unless otherwise stated.

### Ellis Island— Gateway to America

Ships full of hopeful immigrants entering New York Harbor had to first pass through Ellis Island, which was known as the Island of Hope, and the Island of Tears. Join us as we delve into the history of Ellis Island and what it was like for the immigrants inside its massive buildings.

**Highland, Room 6**  
**Monday, April 16, 2:00–3:30 pm**  
 Carol Venturini, Historian

### Women Inventors and Scientists

How many women inventors can you name? How about women who started companies? They exist in numbers larger than you think. We will discuss the lives of several women inventors. Open your eyes to how some women changed people's lives with their inventions.

**Highland, Room 6**  
**Monday, May 14, 2:00–3:30 pm**  
 Carol Venturini, Historian

### Favorite Haunts—The Ghost Towns of New Mexico

New Mexico ghost towns provide us with a glimpse into our past as we look at many of these towns, how they flourished, then faded. And we may even encounter some ghosts!!!

**Manzano Mesa, Room 5**  
**Friday, June 1, 10:30–11:30 am**  
 Mary Diecker

### A Life Well Lived Deserves a Story Well Told

Learn the fine points of writing your obituary and eulogy: usual content, information of interest to the reader, adding humor, and highlighting your journey. This is your story and you can tell it anyway you'd like.

**Manzano Mesa, Room 4**  
**Monday, January 9, 5:30–6:30 pm**  
 Gail Turnmire

**Palo Duro, Cottonwood**  
**Wednesday, February 1, 5:30–6:30 pm**  
 Gail Turnmire

### DSA Info. and Assistance

The Information and Assistance Program is a service the Department of Senior Affairs. Join us and see what this program offers including: home-care, public benefit guides, transportation; and much more.

**Barelas, Coal & Lead**  
**Tuesday, January 17, 9:30 am**  
 Larry Moya

**Highland, Room 6**  
**Monday, March 12, 9:30–10:30 am**  
 Larry Moya

### Multi-Generational Living

Are you thinking about having your mom or dad move in with you? Do you want to know the pro's and con's of family care arrangements? Are you concerned about the added responsibility of providing care in your home, and wondering how to enlist support from others? Is your home a safe and comfortable place for a senior?

**Bear Canyon, Room 4**  
**Thursday, March 15**  
 6:30–7:30 pm  
 Frank Mastropiero,  
 Home Instead Senior Care



### Ashes to Ashes, Dust in Your Face

Learn the details about cremation and why it continues to grow in popularity. Using scenes from films like *The Big Lebowski*, *Due Date*, *He Died with a Falafel in His Hand*, and *the Bucket List*, we will open the door to discussing choices to make and information to know before someone "kicks the bucket."

**Los Volcanes, Room 10**  
**Friday, March 16, 10:00–11:00 am**  
 Gail Rubin

**Highland, Room 6**  
**Monday, April 23, 9:30–10:30 am**  
 Gail Rubin

### Funny Films to Start Serious Funeral Planning Conversations

Funny film clips provide an effective way to start serious conversations about funeral planning issues. Gail Rubin, author of *A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die*, brings light to a dark subject and gets the conversation going.

**Palo Duro, Ponderosa**  
**Tuesday, April 10, 9:30–10:30 am**  
 Gail Rubin

### The Newly-Dead Game

Funerals almost always seem to be a surprise, and that's why most people are unprepared when they happen. But according to Gail Rubin, Certified Celebrant and author of the *Family Plot Blog*, playing a little game can increase your chances of avoiding emotional and financial disaster. In this fun twist on The Newlywed Game, couples compete against each other being quizzed on how well the partners know each other's last wishes. Rubin emcees this eye-opening event designed to help start the funeral planning conversation.

**Los Volcanes, Room 10**  
**Friday, April 20, 10:00–11:00 am**  
 Gail Rubin

**Highland, Room 6**  
**Monday, June 18, 9:30–10:30 am**  
 Gail Rubin



Mogollon, a western New Mexico ghost town, this once-thriving mining town suffered three catastrophic fires (1892, 1904, and 1915.) It stands today as one of the state's most picturesque ghost towns.

Photo: New Mexico Tourism Department, Mike Stauffer





# Events

## January—June

### Dessert Socials

Satisfy your sweet tooth. It's a great opportunity to get together with friends and enjoy a special treat.

- Barelas, Country Club  
4th Wednesday  
12:30–1:30 pm
- Bear Canyon, Social Hall  
3rd Friday (except January),  
1:30–2:30 pm

## January

### Pancake Breakfast

Join us for a fun pancake breakfast.

- Barelas, Country Club  
Wed., January 13, 8:00–9:00 am  
Please call to make reservations at 764-6436

### Tea Party—National Hot Tea Month

Join us for a tea party to celebrate National Hot Tea Month. Warm up with a cup of hot tea and sweet treats. Wear your favorite hat and bring your favorite teacup. Entertainment provided.

- Barelas, Country Club  
Wed., January 18, 2:00–3:30 pm  
Reservation required

### Black & White Luncheon

Dress to the nines in your best black and whites. Enjoy a fabulous menu and mingle with friends.

- Bear Canyon, Social Hall  
Friday, January 20, 11:30 am  
\$4 per person, reservations required

### Barelas Winter Ball

Get your tickets to reserve your place. This black tie event gives ladies the perfect chance to put on their best dress and the gents an opportunity to dust down, the dinner suits and party the night away in style. Crowning of Snow Queen and Snow King.

- Barelas, Country Club  
Wednesday, January 25, 4:30 am  
\$4 per person, reservations required

### Chinese New Year

2012 is the year of the dragon, the most auspicious animal as per the Chinese zodiac. Join us as we celebrate Chinese culture with lion dancing and Chinese treats.

- North Valley, Social Hall  
Thursday, January 26, 10:30–12:00

### Welcome Back Luncheon

After a long renovation, let's get together to meet up with old friends and see all the beautiful changes and enjoy a wonderful meal.

- Highland, Social Hall  
Friday, January 27, 11:30 am  
\$4 per person, reservations required

## February

### Pre Super Bowl Potluck Party

Join other fans for a pre-celebration. Please bring a dish to share!

- Barelas, Country Club  
Fri., February 3, 10:00 am–1:00 pm  
Sign up at the front desk

### Super Bowl Potluck

Join us and other fans to watch this annual match up on the gridiron.

- Highland, Social Hall  
Sun., February 5, 3:30–game's end  
Sign up at front desk, and bring a dish



## KiMo Theatre

Centennial Film and Speaker Series events are free of charge. Visit [www.cabq.gov/kimo](http://www.cabq.gov/kimo) for info on times.

- Mar 15 **The Texas Rangers** (1936) Director King Vidor used locations near Diablo Canyon.
- Mar 21 **Billy the Kid** (1930) Director King Vidor used locations near Gallup.
- Apr 18 **The Grapes of Wrath** (1940) Director John Ford used locations near Laguna Pueblo and Gallup.
- May 16 **Journey to the Center of the Earth** (1959) Director Howard Levin used Carlsbad Caverns for several scenes.
- June 20 **Lonely Are the Brave** (1962) Actor Kirk Douglas states this film, set and shot in and around Albuquerque, remains his favorite film.
- July 18 **Cheyenne Social Club** (1970) Director Gene Kelly was the first to film at the J.W. Eaves Ranch near Santa Fe.

- Aug 15 **The Man Who Fell to Earth** (1976) Director Nicolas Roeg used several locations throughout the state, including Albuquerque, Roswell and the White Sands National Monument.
- Sept 19 **The Milagro Beanfield War** (1988) Director Robert Redford shot most of this film in and around Los Alamos, Santa Fe, Cochiti Lake and Truchas.
- Oct 17 **Hi-Lo Country** (1998) Written by New Mexico author Max Evans most of this film was shot in Northern New Mexico.
- Nov 28 **3:10 to Yuma** (2007)
- Dec 19 **No Country for Old Men** (2007) Several New Mexico locations were used by the Coen Brothers for their multi-Academy Award winning film.

### Centennial Film Series

- Jan 18 **Easy Rider** (1969) Director Dennis Hopper shot several scenes in Northern New Mexico.

### Centennial Speaker Series

- Jan 11 **The Mysteries of Chaco Canyon**, Speaker: Rich Friedman
- Feb 8 **Nuevo New Mexico: The Spanish Colony**, Speaker: Enrique LaMadrid
- Mar 14 **New Mexican Folklore: La Llorona**, Performed by Rosalia De Aragon
- Apr 11 **Doña Tules: Gambling Queen of Santa Fe**, Performed by VanAnn Moore
- May 9 **Buffalo Soldiers**, Performed by Fred Hampton
- Jun 13 **Struggle for Statehood**, Speaker: Richard Mezler
- Jul 11 **Albuquerque: From Railroad Depot to the Crossroads of New Mexico**, Speakers: David Kammer and Jeanne Whitehouse-Peterson
- Aug 8 **Clyde and Carrie Tingley: Politics and Influence**, Performed by David Jackson and VanAnn Moore
- Sep 12 **Population Explosion: 1912 to Today**, Speaker: Jake Spidle

- Oct 10 **Laura Gilpin: NM Landscapes & Landmarks**, Speaker: Deborah Blanche
- Nov 14 **The Labs and High Tech in New Mexico**, Speaker: Carlos Vasquez
- Dec 12 **100 Years of Statehood**, Speaker: Tom Chavez



### Old Town-New Fun

Old Town  
Sweetheart Stroll

Enjoy the romantic atmosphere of Old Town with live entertainment including music by Susan Vigil, Harry Irizarri, and Dave Hover, and tango dancing in the gazebo. Dine and shop historic Old Town as you enjoy music and “sweetheart deals.” Map and details at [www.artscrawlabq.org](http://www.artscrawlabq.org).

Old Town  
February 11, 12:00–9:00 pm



### Hugs and Kisses Special Luncheon and Dance

Join us for an afternoon of hugs and kisses as Cupid visits Barelas at the Pink Hearts Ball. Enjoy a delicious lunch and great entertainment.

Barelas, Country Club  
Friday, February 10  
Lunch 11:30 am–1:00 pm  
Dance 1:30–4:30 pm  
\$6, reservations required

### Valentine’s Day Party and Dance

The morning includes chocolate activities, tasting, and more. After lunch, dance the afternoon away at our special Valentine’s Day dance.

North Valley, Social Hall  
Tuesday, February 14,  
Chocolate Party, 11:00 am–12:00 pm  
Dance, 1:00–3:30 pm, \$2.50 dance

### Love is in the Air Luncheon

Join us as we celebrate the day of love and friendship with an elegant setting and a delicious menu.

Palo Duro, Mesquite  
Thursday, February 16  
Lunch served at 11:30  
\$4 reservations required

### Be Mine Lunch

Come on over with that special someone, yourself, or friends to enjoy an afternoon of entertainment, food, friendship, and laughter.

Highland, Social Hall  
Friday, February 17, 11:30 am  
\$4 reservations required

### Look Like a President and Dress like a First Lady Dance

Did you ever dream of being a president and having a first lady? Well now is your opportunity...We will have refreshments and dance to the music of Castigame. Door prizes will be given to the best-dressed couples.

Los Volcanes, Social Hall  
Thursday, February 23, 1:30 pm  
\$3 per person

### Valentine’s Day Luncheon

Buy a ticket for your special someone. This luncheon is sure to be enjoyed as a pair, solo or a group!

Bear Canyon, Social Hall  
Friday, February 24, 11:30 am  
\$4 reservations required

### March

#### Pancake Breakfast

Join us for a fun Pancake Breakfast.

Barelas, Country Club  
Wednesday, March 7, 8:00–9:00 am  
Call 764-6436 to reserve

#### Health Screening Event

Find out if you are at risk for common diseases including stroke, heart disease, diabetes, peripheral arterial disease, and more.

Los Volcanes, Social Hall  
Wednesday, March 14  
Price varies depending on screening  
For info: Life Line Screening,  
[www.lifelinescreening.com/communit-partners](http://www.lifelinescreening.com/communit-partners), or call 1-800 897-9177

#### Lucky Clover Luncheon

Let’s celebrate St. Paddy’s Day with a delicious menu of standard Irish fare—corned beef, cabbage and all the fixings.

Palo Duro, Mesquite  
Thursday, March 15  
Lunch served at 11:30  
\$4 reservations required

#### St. Patrick’s Day Luncheon & Dance

Join us for an afternoon of green..

Barelas, Country Club  
Friday, March 16  
Lunch 11:30 am–1:00 pm  
Dance 1:30–4:30 pm  
\$6 per person

### Luck of the Irish

It is always good fortune to celebrate St. Patrick’s Day at North Valley, even if you are not Irish. Come join us! Festivities include entertainment, door prizes and food.

North Valley, Social Hall  
Friday, March 16, 10:00–11:00 am

#### St. Paddy’s Day Lunch

Join us for an afternoon of entertainment, food, and sneaky little leprechauns roaming about. Who knows, maybe you will find a lucky clover.

Highland, Social Hall  
Friday, March 16, 11:30 am  
\$4 reservations required

Bear Canyon, Social Hall  
Friday, March 23, 11:30 am  
\$4 reservations required

#### St. Patrick’s Day Luncheon

Join us for corned beef and cabbage and great entertainment.

Manzano Mesa, Social Hall  
Friday, March 16, 11:30 am  
Reserve by March 12

#### Barelas Sock Hop

Hop back to the 1950’s good old days where soda-pop, roller skates, rock and roll, and poodle skirts were the thing. Guys—pull out your jeans and button up shirt or for a rougher look, slick back your hair and don your black pants, sleeveless shirt, leather jacket. Gals—wear jeans and a button up shirt, or poodle skirts, sweater, knee high socks and saddle shoes.

Barelas, Country Club  
Friday, March 23, 11:30 am–1:00 pm

### April

#### Tea and Chocolate

It’s “Tea Time” once again. If you love chocolate this is the party for you. Play games and socialize with friends over hot tea, good food and lots and lots of chocolate.

North Valley, Rooms 1, 2  
Thursday, April 5, 9:30–11:00 am

### Spring Luncheon

Spring is in the air, let us celebrate with a lovely spring luncheon.

Manzano Mesa, Social Hall  
Tuesday, April 17, 11:30 am  
Reserve by April 12

Palo Duro, Mesquite  
Thursday, April 19  
Lunch served at 11:30 am  
\$4 reservations required

#### Senior Prom Luncheon

Dress to impress your promenade sweetheart. Music, lights, and decorations, we are sure to take you back.

Bear Canyon, Social Hall  
Friday, April 27, 11:30 am  
\$4 reservations required

#### Festival Internacional

North Valley Center and Senior Arts present the 13th Annual Festival Internacional. Professional artists from different cultures present their music and dance in beautiful traditional costumes. Artwork will be on display, and food will be available for lunch. All ages are welcome, bring the whole family.

North Valley, Social Hall  
Friday, April 27, 10:00 am–2:00 pm  
Reservations required for lunch

#### Forever Young Luncheon

Come on out all you spring chickens! Join us for an afternoon of fun and entertainment sure to bring out the kid in all of us!

Highland, Social Hall  
Friday, April 20, 11:30 am  
\$4 per person, reservations required

#### Blue Hawaii

Aloha! Surf’s up at Barelas Beach and it is time for a luau. Enjoy a wonderful meal while being treated to a hula dance presentation.

Barelas, Country Club  
Wednesday, April 25  
11:30 am–1:00 pm







## Founder's Day Fiesta

Each year thousands gather in Old Town to celebrate the birthday of Albuquerque. Now 306 years old, this year's event pays homage to the five eras that define New Mexico history. Throughout Old Town visitors can enjoy live music, dance, demonstrations and colorful costumes. Some of the eras represented include: the Native American Era with native flute music, United Native Council dancers and pottery demonstrations; the Spanish Era will be honored at Plaza Hacienda with Flamenco dancers and live performance by Charles Aguilar; and the Mexican Era at Patio Escondido will feature mariachi music, pottery demonstrations and Folklorico dance. This is just a taste of what will be happening in Old Town on Founder's Day!

**Old Town**  
**April 21, 12:00 noon–5:00 pm**

## May

### Cinco de Mayo Luncheon

Cinco de Mayo commemorates the Mexican army's 1862 victory over France at the Battle of Puebla and has evolved into a celebration of Mexican culture and heritage. Join us as we celebrate with Mexican food, mariachi music and snacks.

**Barelas, Country Club**  
**Wednesday, May 2, 11:30 am–4:30 pm**  
Reservations required for lunch

**North Valley, Social Hall**  
**Friday, May 4, 11:00 am–12:30 pm**  
Reservations required for lunch

**Los Volcanes, Social Hall**  
**Friday, May 4, 11:00 am–12:30 pm**  
Reservations required for lunch

Call the host center to reserve.  
Events are free with membership  
unless otherwise stated.

### Mother's Day Luncheon

A special surprise will be given to all the wonderful mothers.

**Manzano Mesa, Social Hall**  
**Friday, May 11, 11:30 am–12:30 pm**  
Reserve by Monday, May 7

### Mommy Dearest Dance

Join us for the Sunday dance to celebrate Mother's Day. A special surprise will be given to all the wonderful mothers.

**North Valley, Social Hall**  
**Sunday, May 13, 1:30–4:30 pm**

### Fiesta Luncheon

Enjoy traditional New Mexican cuisine and great music at this New Mexico-style fiesta.

**Palo Duro, Mesquite**  
**Thursday, May 17**  
Lunch served at 11:30  
\$4 reservations required

### 22th Annual Los Volcanes Day!

Celebrate with us 20 years of service to our seniors. An art show of work from our talented Los Volcanes seniors, a flea market, lots of entertainment and a dance are just a few of the attractions planned for this event. It is all about showcasing our very own seniors. Everyone is invited to attend!

**Los Volcanes, Social Hall**  
**Friday, May 18, 8:00 am–4:30 pm**  
FREE, information 836-8745



Dance to live music.  
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### Manzano Mesa Spring Flea Market



Join us on this spring day to buy and sell new and used goods.

**Manzano Mesa, Social Hall**  
**Saturday, May 19, 8:00 am–2:00 pm**  
\$5 to reserve a table

### 2nd Annual Car Show and Sock Hop

Join us for our second annual car show, cookout, and sock hop. In the morning we start outdoors with music, games and a car show. For lunch we will have hamburgers and hot dogs out in the patio. Following lunch the dancing fun will begin with a sock hop. Bring a side dish for the cookout.

**North Valley, Social Hall**  
**Tuesday, May 22, 10:00 am–3:30 pm**  
Lunch reservations required

### "Boo-Boo Kissers" Special Luncheon

For those of us who have ever cared for or been cared for, join us, mothers, fathers, grandmothers, grandfathers, and everyone else as we celebrate those who kiss our boo-boos and make us feel better when we need it most.

**Highland, Social Hall**  
**Friday, May 25, 11:30 am**  
\$4 per person, reservations required

### Ma and Pa's Jamboree

Let's celebrate our Moms & Dads. Bring family with you to enjoy a rootin' tootin' holler-n-hootin' good time! Enjoy oven-roasted chicken, stuffing, candied sweet potatoes, tossed salad, biscuits and fruit pie.

**Barelas, Country Club**  
**Wed., May 30, 11:30 am–1:00 pm**

## June

### ABQ Concert Band

Enjoy a free performance in a city park by the Albuquerque Concert Band.

**June 13, 17, 7:00–8:00 pm**  
Locations TBD



### Father's Day Luncheon

Join us to honor all of the wonderful fathers.

**Manzano Mesa**  
**Friday, June 15, 11:30 am–12:30 pm**  
Reserve by June 11

### Honor our Father Dance

Join us for our Sunday dance to celebrate Father's Day. All fathers will be honored with a special gift.

**North Valley, Social Hall**  
**Sunday, June 17**  
1:30–4:30 pm



### Fun in the Sun Luau

Let us celebrate the beginning of summer out in the patio. Music, food, games and much more will be part of the fun.

**North Valley, Patio**  
**Thursday, June 21, 10:00–11:30 am**

### 2nd Annual Summer Bash

Last year was a fun success...so the fun continues. Join us as we splurge on hotdogs, hamburgers, potato salad, watermelon and root beer floats. Entertainment by the Watermelon Jug Band.

**Los Volcanes, Patio, Social Hall**  
**Friday, June 22, 11:30 am**  
\$1.50

### Summer Outdoor Barbeque & Potluck

Bring your favorite dish and we'll provide the burgers and hotdogs. Reservations required.

**Barelas, Country Club & Outside**  
**Wednesday, June 27**  
10:00 am–1:00 pm

### It's A Chocolate Tasting Event

Enter a world of chocolate delicacies. White chocolate, dark chocolate and milk chocolate will be available for tasting. We will also have a fondue to dip strawberries, apples, marshmallows, and variety of melons. Yum!

**Barelas, Country Club**  
**Thursday, June 28, 1:00–2:30 pm**

# Games & Cards

## Board Games and Puzzles

Play board games, Loteria (Spanish Bingo), or put together a jigsaw puzzle.

North Valley, Social Hall  
Thursday, 9:30–11:00 am

## Bingo

Join us for bingo, with cash and prize giveaways, raffle drawings and refreshments.

Barelas, Country Club  
Tuesday, 1:30–4:00 pm  
Bear Canyon, Social Hall  
Wednesday, 1:30–4:00 pm  
Highland, Social Hall  
Monday, 1:15–3:30 pm  
North Valley, Social Hall  
Wednesday, 1:30–4:00 pm  
1st Thursday (FGP), 1:30–4:00 pm  
Los Volcanes, Social Hall  
Monday, 1:15–3:30 pm  
Palo Duro, Mesquite  
Tuesday, 1:15–4:00 pm  
Manzano Mesa, Social Hall  
Thursday, 1:30–4:00 pm



## Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Barelas Blvd  
Monday–Friday, 8:00 am–12:00 pm  
Bear Canyon, Pool Room  
Monday–Friday, 8:00 am–5:00 pm  
Saturday, 9:00 am–3:00 pm  
Highland, Pool Room  
Monday–Friday, 8:00–5:00 pm  
Saturday, 10:00 am–4:00 pm  
Palo Duro  
Monday–Friday, 8:00 am–5:00 pm  
North Valley, Billiards Room  
Mon, Wed, Thur, Fri, 8:00 am–5:00 pm  
Tuesday, 8:00 am–7:00 pm,  
Sunday, 12:30–5:00 pm



## Poker

Barelas, Barelas Blvd  
Monday, 12:00–4:00 pm  
Bear Canyon, Pool Room  
Monday–Friday, 12:00–3:30 pm  
North Valley, Library  
Monday–Friday, 12:00–4:00 pm  
Los Volcanes, Room 9  
Monday–Friday 12:00–4:30 pm

## Texas Hold'em

Barelas, Barelas Blvd  
Thursday, 12:00–4:00 pm

## Friday Bridge

Please sign up at front desk.  
Manzano Mesa, Sitting Room  
1st & 3rd Friday, 10:00 am–2:30 pm

## Bridge: Friday Party

Regular players are already in place, but newcomers sign-up as substitutes.  
Bear Canyon, Room 1  
Friday, 12:15–3:30 pm

## Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Prearrange your partners before the game.

Bear Canyon, Lobby  
Monday, 11:30 am–3:00 pm  
Spokesperson: Joyce Lowry  
Bear Canyon, Room 5  
Thursday, 12:45–4:30 pm  
50¢ per person, Dick West  
881-9725 to locate a possible partner  
Palo Duro, Cottonwood  
Monday, 12:15–4:00 pm  
Friday, 12:15–4:00 pm

## Bridge Group

North Domingo Baca, East Lobby  
Tuesday, 12:30–3:30 pm  
Jack Heide

## Bridge: Saturday

For intermediate or advance players  
Bear Canyon, Room 1  
Saturday, 9:00 am–1:00 pm  
Highland, Room 2  
Saturday, 12:00–3:30 pm



## Bridge: Walk-in

No need to sign up, just show up.  
Bear Canyon, Lobby  
Thursday, 8:30–11:30 am

## Bridge: Practice

Bear Canyon, Room 1  
Wednesday, 1:00–3:00 pm  
Palo Duro, Aspen  
Wednesday, 12:30–2:45 pm

## Bridge: Widows Club

Eight regular teams with their captains play party bridge. Newcomers sign up as substitutes.  
Bear Canyon, Room 6  
Wednesday, 12:15–3:30 pm

## Bridge, Party

Offered throughout the week, most games require you to have your own foursome.  
Highland, Room 4  
Mon, Thur, Fri, 1:00–4:30 pm  
Los Volcanes, Room 10  
Friday, 1:00–3:30 pm  
Frieda Whitener

## Canasta

Learn to play hand and foot Canasta.  
Bear Canyon  
Monday, 12:00–5:00 pm,  
Bev Butterfield, Room 6  
Thursday, 12:00–6:30 pm,  
Ed Roush, Room 1  
Highland, Room 3  
Monday, 1:00–4:00 pm

## Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.  
Barelas, Barelas Blvd  
Tuesday, 12:30–4:00 pm  
Bear Canyon, Lobby  
Monday, Wednesday, Friday  
12:30–5:00 pm  
Lloyd Gustafson  
Highland, Lobby  
Wednesday, 1:00–3:00 pm

## Cribbage

Bear Canyon, Lobby  
Tuesday, 9:30–12:00 noon  
Ray Kranz  
Palo Duro, Mesquite  
Friday, 1:00–3:00 pm  
Goodman

## Hearts

Bear Canyon, Lobby  
Wednesday, 9:30 am–12:00 pm

## Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 5  
Monday, 12:00–5:00 pm  
Carrie Przehurat  
Los Volcanes, Room 10  
Thursday, 12:00–4:15 pm  
Finegold, Martinez



## Learn Mah Jongg

Crak-Dot-Bam: Learn to Play American Mah Jongg. This is an exciting and challenging pastime of Asian roots played with tiles. All ages and genders are welcome to learn this easy to learn but tricky to master game. If you enjoy a good “brain workout,” join me for two free lessons. We meet for two 2-hour sessions, plan to attend both sessions. NO experience required. You’ll need a paper pencil for notes. If you decide you like the game, an annual \$8 card (may be purchased at a later date) is required.

North Domingo Baca, Community Rm.  
February 27, 2:00–4:00 pm  
March 5,  
2:00–4:00 pm  
Cyndi Heller, registration required



## Mexican Train

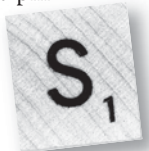
Highland, Room 4  
Wednesday, 12:30–3:30 pm  
Los Volcanes, Room 10  
Thursday, 12:00–4:15 pm  
Finegold, Martinez

## Pinochle

Bear Canyon, Room 6  
Tuesday, 1:00–4:45 pm  
Kathleen and Carlton Valcourt  
Bear Canyon, Lobby  
Thursday, 9:30–11:30 am  
Highland, Room 3  
Tues & Thurs, 12:00–4:00 pm  
Manzano Mesa, Room 4  
Wednesday, 12:00 noon–4:00 pm

## Scrabble

Palo Duro, Ponderosa Pine  
Wednesday, 12:00–4:00 pm  
Simpson  
Bear Canyon, Room 6  
Monday,  
12:00–3:30 pm  
Simpson



## Shanghai Rummy & Bridge

Drop by to join in a game.  
Bear Canyon, Lobby  
Tuesday, Thursday, 12:00–4:30 pm





# Classes

## Pencils and Pastels

### Brilliance of Soft Pastels

Beginners focus on materials, composition and technique. Intermediate students focus on improving skills and new challenges.

**Manzano Mesa, Room 3**  
**Monday, 1:30–4:00 pm**  
 \$90/6-week session,  
 \$105/7-week session  
 Sharon Jensen

### Fun with Colored Pencils

You will experience and explore the magic of colored pencils to create a picture of your desire in this 8-week class. Materials: small Bristol paper, soft lead colored pencils (prismacolor) and cotton balls.

**Palo Duro, Cottonwood**  
**Thursday, February 9, 16, 23**  
**March, 8, 15, 29, April 5, 12**  
 1:00–3:00 pm  
 \$20, Nicholas Ng

### Sketching Class

Experience and explore the magic of sketching. This class will help enlighten your imagination. You will sketch at your own level of experience, from beginning to more proficient. Join in on the fun!

**Los Volcanes, Room 10**  
**Thursday, 9:00–11:00 am**  
 Andres Anaya

## Painting

### Artist's Corner

This group meets to paint in any medium and offer gentle critique and constructive criticism.

**Manzano Mesa, Room 3**  
**Thursday, 1:00–4:00 pm**  
 Bring your own materials.  
 JoAnne Kennedy



### Painting Workshop: Acrylic

Share ideas, techniques and inspiration. All levels learn from each other.

**Bear Canyon, Room 5**  
**Monday, 9:00 am–12:00 noon**  
 Paul Stubbe, No registration required,  
 students supply their own materials.

### Painting with Acrylics

Paint, shape, and form without drawing. This non-traditional class focuses on underpainting (layering) and is perfect for beginner and intermediate painters. With an emphasis on color, space, composition, value, texture, contrast, and balance, learn design principles and techniques.

**Highland, Room 2**  
**Wed., Mar. 7–Apr. 25, 1:00–4:00 pm**  
 \$100, plus cost of supplies  
 Polly Jackson

### Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing painting classes are open to all levels. No registration required. Bring materials.

**Bear Canyon, Rooms 5 and 6**  
**Wednesday, 9:00–11:30 am**  
 Marian Boandl and Alice Grundy  
**Los Volcanes, Room 4**  
**Monday, 9:00–11:30 am**  
 Walker  
**North Valley, Room 4**  
**Friday, 9:00 am–12:00 noon**  
 Zamora  
**Barelas, Room 3**  
**Wednesday, 9:00 am–12:00 noon**

### Painting Workshop: Nature's Beauty

Discover the beauty of nature painting. All mediums included.

**Bear Canyon, Room 6**  
**Friday, 9:30 am–12:00 noon**  
 Shirley Campbell. No registration  
 required, bring materials

### Watercolor: Drawing and Painting

Each class includes a brief presentation and two painting projects with one-on-one assistance—great for skill review or an introduction to this challenging medium. Demonstrations and field trips are included. All levels welcome. Participants must have basic materials and equipment and can join in at any time.

**Los Volcanes, Room 4**  
**Tuesday, 9:00–11:30 am, Vigil**

### Watercolor Classes

Study the works of great artists as you receive individual instruction in watercolor techniques, composition, color problems and rendering while finding and developing your individual, artistic vision. Bring watercolor supplies if you have them. Additional supplies may be purchased (at cost) during the first classes.

**Palo Duro, Piñon**  
**Session 1: Friday, Jan 13–Feb 24 or**  
**Session 2: Mar 2–Apr 27**  
 (no class March 16, 23)  
 9:00–11:00 am  
 \$55/session, Nancy Goetz

### Introduction to Ceramic and Pottery Painting

Students will learn the basic painting skills, including but not limited to; necessary materials, design and drawing on pottery, shapes and the painting wheel, use of low fire glazes and under glazes. This first introduction class is free of charge. You will need to purchase your own supplies. Instructor will discuss supplies and hand out list on the first day of class.

**Palo Duro, Piñon**  
**Monday, March 29–April 30,**  
 1:00–4:00 pm  
 Robin Russell

### Watercolor Club

This on-going activity allows participants to share ideas, techniques and inspiration.

**Bear Canyon, Room 5**  
**Tuesday, 3:00–5:00 pm**  
 Paul Stubbe, No registration required

### Watercolor: Adult

Subjects covered will be NM landscapes, spring flowers, still life setups, painting from photos & sketches and one class out on location. For beginners, intermediates or anyone who would like to practice.

**Manzano Mesa, Room 3**  
**Saturday, 12:30–3:00 pm**  
 \$60 plus supplies  
 Sandy Culler, 275-8731 or 710-4143

### Adult Watercolor

The basics of watercolor and beyond: composition and color, art history, challenges and inspiration. Class members also receive an Art Weekly email newsletter. We have weekly critiques and lively discussions.

**North Domingo Baca, Classroom 1**  
**Tuesday, 9:30–11:30 am**  
 Arthur Wright

### Palo Duro Palettes

For those explore the world of visual art. We work in all mediums and share our knowledge and enthusiasm. Approach art in your own way and achieve your own artistic goals. Think of the methods and techniques presented in the group as a buffet from which you can sample a variety of ideas and techniques experimenting with those you like and making them your own.

**Palo Duro, Piñon**  
**Wednesday, 1:00–3:00 pm**  
 Lamkin

### Art Series: Watercolor

Professional artist Ralph Lewis leads class discussion of class members' assigned projects.

**Highland, Room 1**  
**Monday, 9:00–11:30 am**  
 Ralph Lewis

### Visiting Artists Series

Each week a well-known volunteer artist will guide the group in stimulating and inspiring workshop/studio activity. This is an opportunity to try something new, to explore different styles and materials and to be creative. Come for some active learning. All skill levels welcome.

**Palo Duro, Cottonwood**  
**Tuesday, 1:00–3:00 pm**  
 (does not meet in summer) Haag

## Craft Classes

### Arts and Crafts

For beginners who want to learn and for the experienced who want to share. Crafts include: embroidery, crochet, counted cross-stitch, knitting, needlecraft and more. Bring your ideas, and patterns to share.

North Valley, Room 3  
Wednesday, 9:00 am–1:00 pm  
Tony Keim

### Get It Done!

Chat while you “get done” those projects in this modern day quilting bee.

Palo Duro, Juniper  
Friday, 1:00–3:00 pm

### Greeting Cards

Get an early start on all occasion cards. You can add sparkle to your project and unlimited hour of fun you are welcome to bring your personal material if you wish.

North Valley, Room 3  
Tuesday, June 5, 12, 19, 26  
1:30–3:00 pm  
Free, materials provided, Josina Lopez Rinaldi

### Art Books, Scrapbooks

#### Scrapbooking

Scrapbooks serve as legacies for future generations. Turn a simple three ring binder into a unique album by using paper, tags and assorted materials. Bring your personal pictures.

North Valley, Room 3  
Tuesday, May 8, 15, 22, 29,  
1:30–3:00 pm  
Free, materials provided,  
Josina Lopez Rinaldi

### Basket Weaving

#### Basket Weaving

Learn to weave reeds and ribs to create your own basket. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets.

Los Volcanes, Room 4  
Thursday, 9:00 am–12:00 noon  
\$10, plus weaving supplies (apx. \$15)  
Hummel

### Beading and Jewelry

#### Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

Manzano Mesa, Room 3  
Wednesday, 8:00–11:00 am  
M. Jacobson

### Beading/Jewelry Group

Join this beading group and make your own pieces of beautiful art in jewelry.

Manzano Mesa, Room 4  
Monday, 8:00–11:30 am, Pat Suhr

### Ceramics

#### Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Santa Fe  
Monday & Wednesday  
9:00 am–12:00 noon

Bear Canyon, Room 4  
Monday, 9:00 am–12:00 noon  
Feikje Scott

Highland, Room 2  
Tuesday, 9:00 am– 12:00 pm

Los Volcanes, Room 4  
Friday, 8:00 am–11:30 pm, Baca  
Thursday, 1:00 pm–4:00 pm, Virgie

North Valley, Room 4  
Tuesday, Wednesday, 12:00–5:00 pm  
3rd Wednesday, 1:00–5:00 pm

Palo Duro, Piñon  
Monday, 8:00–12:00 noon or  
Thursday, 8:00–12:00 noon

### Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

Manzano Mesa, Room 3  
Monday, 9:00 am–12:00 noon  
Tuesday, 9:00 am–1:00 pm  
Friday, 9:00 am–1:00 pm  
Lawanda Strong and Daphne

### Calligraphy

#### Calligraphy 2012

Learn the art of beautiful handwriting! Practice Italic, Chancery Cur-sive, Bookhand and Uncial Styles. Enjoy poems, recipes, and make your own special greeting card.

North Valley, Room 3  
Tuesday, Thursday, June 26–July 24  
1:00–2:00 pm  
\$15 material fee, Nancy Menges

### Escritiente Society of Calligraphers

This group promotes, encourages and educates in calligraphy and related arts, and gives time to make calligraphy names for elementary school library fundraisers.

Manzano Mesa, Room 5  
1st Wednesday, 6:00–9:00 pm  
Ronald Peterson



## Jewelry with Ann Reilly

For necklace, earring and bracelet classes bring needle nose and flat nose jewelry pliers if you have them. Materials supplied. Many bead and color choices available.

### Necklace, Bracelet & Earrings

Make either a necklace and earrings or 2 bracelets and earrings using a basic stringing technique. \$30

Palo Duro, Piñon  
Thursday, April 12 & 19,  
1:30–4:30 pm

### Earrings

Learn 2 techniques to give you unlimited options for short, medium or long earrings. You may choose either pierced or clip style. \$15

Palo Duro, Piñon  
Thursday, January 12,  
1:30–4:30 pm  
North Valley, Room 3  
Tuesday, February 14,  
1:00–4:30 pm

### Bracelet

Learn a basic stringing technique for making a variety of bracelet styles. \$15

Palo Duro, Piñon  
Thursday, January 19,  
1:30–4:30 pm

### Necklace

Learn basic stringing, a technique for making a variety of necklace styles. \$20

Palo Duro, Piñon  
Thursday, February 16,  
1:30–4:30 pm  
North Valley, Room 3  
Tuesday, February 7,  
1:00–4:30 pm

### Bead & Fabric Embroidery

Learn how to attach beads to fabric. We will make a bracelet in class or you may want to try something else. All fabric, beads, needles, thread and fastener will be supplied. Bring your own scissors for paper and good, small fabric scissors. \$25

Palo Duro, Piñon  
Thursday, March 8, 15, 1:30–4:30  
Thursday, June 21, 28, 1:30–4:30

North Valley, Room 3  
Tuesday, May 8, 15, 3:30–6:30

### Needle Weaving

Break from embroidery, crocheting or knitting. Projects may be small and simple or larger and more complicated. Week 1: materials are supplied for the first smallish project (board to work on, patterns, needle and embroidery floss or yarn.) Week 2: We will then set up a larger and more challenging project for you to do on your own. Week 3: in case you need more help or got behind in weeks 1 & 2. \$25,

North Valley, Room 3  
Tues., April 3, 10, 17, 1:00–4:30 pm





## Collage

### Beeswax Collage

The art of creating collage using beeswax as the adhesive is hardly new. We will give the technique new life using mixed media! We will use paint, stains, 3-D embellishment along with paper collage material and more!

North Valley, Room 4  
Tuesday, March 6, 13, 20  
5:00–7:00 pm  
\$50, materials provided  
Lindy Hirst



## Crocheting, Knitting, Weaving

### Fabric Art—Arpilleras: The story of your life

Arpilleras are striking, beautifully detailed hand-sewn, 3-D textile pictures. They can illustrate the story of your life, a special event or place, your neighborhood or your own backyard. A lot of material and supplies will be provided, but you can add your own touches using scraps of fabric, buttons, beads and other embellishments.

Barelas, Coal & Lead  
Friday, 10:30 am–12:30 pm

### Happy Hookers Crochet Club

This all ages all levels informal group of crotchetiist work on individual projects and a group project: making lap rugs for disabled veterans.

Manzano Mesa, Lobby  
Monday, 1:00–3:00 pm, Schmidt

### Crocheting

Join our fun-loving group for shared experiences, socializing and learning new techniques.

Barelas, Coal & Lead  
Friday, 10:30 am–12:30 pm

Los Volcanes, Room 10  
Monday, 1:00–4:00 pm, McNabb

Los Volcanes, Room 2  
Wednesday, 9:00 am–12:00, DeVan

Palo Duro, Cottonwood (incl. knitting)  
Wednesday, 1:00–3:00 pm  
Barbara O'Neil, Gretchen Jackson

## Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques for creating sweaters, Afghans, baby blankets, etc.

Bear Canyon, Room 6  
Monday, 9:30 am–12:00 noon  
Jeannine Steidl

North Valley, Room 3  
Wednesday, 9:00 am–1:00 pm  
Friday, 9:00 am–1:00 pm

Manzano Mesa, Room 3  
Friday, 1:00–3:00 pm  
Ericka Enghahl

## Plastic Canvas

Design your own plastic canvas coaster with coordinating holders from six different patterns.

North Valley, Room 3  
Tuesday, Jan. 31, Feb. 7, 14, 21,  
1:30–3:00 pm  
Free, materials provided,  
Josina Lopez Rinaldi

## Weaving

Learn how to weave on a loom.

North Valley, Room 3  
Tuesday, April 3, 5:30–6:30 pm  
Free, materials provided,  
Josina Lopez Rinaldi

## Recycled Weaving

Use textiles such as clothing, yarns, threads, and found objects to create a variety of fabulous art pieces.

Los Volcanes, Room 2  
2nd, 3rd, 4th Monday,  
11:30 am–1:30 pm  
\$5 per class, bring your own recyclable material, Vivian Colette

## Doll Making

### Porcelain Doll Making

Learn this art while making a doll.

Los Volcanes, Room 4  
Wednesday, 1:00–3:00 pm  
Maness, materials not included  
(current waiting list)

### Basic Doll Making

Learn to select a pattern, construct and stuff a cloth doll. Bring your imagination, sense of humor, and be prepared to stretch your creativity.

Los Volcanes, Room 2  
2nd, 3rd, 4th Mon., 9:00–11:00 am  
\$7 per class, Vivian Colette  
Most fabrics provided. Patterns available. Supply list will be provided before first class.

## Art Doll Making Class

Make a sassy cloth “stump” doll in 6 weeks, including a needle-sculpted face painted with acrylics. Must have a sewing machine.

Los Volcanes, Room 2  
Tuesday, 9:30–11:30 am  
\$5 per class, Arley Berry

## Folk Arts

### Tin Working Workshops

Join tinsmith, Jason Younis y Delgado, for a four-week workshop with a presentation on tin in New Mexico, instruction, use of all necessary tools and a sheet of tin. Additional supplies, are available for purchase. Fee payable first class. \$55/4-week session.

Manzano Mesa, Room 3  
Monday, Feb. 6, 20, 27,  
Mar. 5, 6:00–8:00 pm



Palo Duro, Juniper  
Friday, May 4, 11, 18, 25,  
9:00–11:00 am

Los Volcanes, Room 4  
Saturday, Feb. 25,  
Mar. 3, 10, 17,  
9:00–11:00 am  
Saturday, March 31, April 7, 14, 21,  
9:00–11:00 am



Barelas, Stover  
Thursday, 12:30–2:30 pm  
Starting January 5

Bear Canyon, Room 3  
Monday, February 6, 13, 20, 27  
March 5, 12, 12:30–2:30 am

## Tin Art Class

Bring your hammer and join us for a two part series of creating with tin. First class you will create a beautiful tin cross, the second session you will create a tin nightlight cover.

North Valley, Room 3  
Thursday, March 15, 10:30–12:00pm  
Thursday, March 29, 1:00–2:30 pm  
Tuesday, May 8,  
5:30–7:00 pm  
Tuesday, May 15, 5:30–7:00 pm  
\$25/class or \$45/2 classes  
Marcella Tapia



## Flowering Bonsai

Learn to train a flowering shrub to a small tree. Bring to class: 1-gallon perennial flowering shrub, a pair of scissors and a pair of chopsticks.

Palo Duro, Cottonwood  
Thursday, April 19, 26, May 3, 10,  
17, 24, 31, June 7, 1:00–3:00 pm  
\$20, Nicholas Ng

## Japanese Flower Arranging

Learn the art of Japanese flower arrangement. Bring your own flowers (fresh) and container.

Bear Canyon, Room 3  
Wednesday, 1:30–2:30 pm  
Yoko Comstock  
No registration required

## Retablos/Hispanic Folk Art

Learn the art of making retablos.

Barelas, Stover  
Tuesday, 9:00–11:00 am  
George Salazar

North Valley, Room 3  
Wednesday, 1:00–4:00 pm  
Anita Andrade

## Rosemaling

We do rosemaling from Norway, dal-malning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started.

Bear Canyon, Room 5  
Friday, 9:30–11:30 am  
September–May  
Diana Ekedal, no registration required

## Rosemalers of New Mexico

Join others in exploring the fine art of Norwegian folk art painting.

Bear Canyon, Room 5  
2nd Saturday,  
9:30 am–1:00 pm  
No class June–August  
Diana Ekedal, no registration required



## Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2  
Tuesday, 11:30 am–2:30 pm  
Jude Brunyansky, Lois Lamphier,  
Ruth Hinkle

## Glass

### Fused Glass

Learn the art of “fusing” glass in a kiln by stacking colored layers of glass together.

Manzano Mesa, Room 3  
2nd Monday, 9:00 am–12:00 pm  
\$15 materials, Nellie Lang

## Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects.

**Los Volcanes, Room 4**  
**Friday, 1:00–4:00 pm**

**Palo Duro, Cottonwood**  
**Friday, 9:30–11:30 am**  
(no class Jul.–Aug.)  
Helen Clum

## Copper Foil Stained Glass

Learn the beautiful craft of stained glass with experienced artist and educator, Marian Berg. Learn the history of stained glass, basic glass cutting skills, glass grinding, the copper foil technique and how to assemble and solder a stained glass sun catcher.

**North Valley, Room 3**  
**Thursday, January 12, 19, 26**  
10:30–12:00 noon  
\$15/class, basic materials included  
Marian Berg

## Mosaic Mirrors

Use ceramic mosaic pieces and found objects to embellish a small wall-hung mirror. Learn to cut, set and grout mosaic tile! Learn skills you can use on planters, small murals, or on your walls at home! Most materials provided. You may bring your favorite small trinkets, beads, etc. to add to your piece.

**North Valley, Room 4**  
**Tuesday, Jan 31,**  
**Feb 7, 14, 21**  
5:00–7:00 pm  
\$50, payable in advanced  
Lindy Hirst

## Gourds

### Gourd Art Class

Try various methods for coloring and finishing gourds. All gourds and materials are supplied. There will be a variety of shapes and sizes to choose from for your finished piece.

**Palo Duro, Piñon**  
**Thursday, May 17, 24, 1:30–4:30 pm**

**North Valley, Room 3**  
**Tuesday, Jan. 17, 24, 1:00–4:30 pm**  
**Tuesday, Mar. 13, 20, 1:00–4:30 pm**  
**Tuesday, June 12, 19,**  
3:30–6:30 pm  
\$30, Ann Reilly



## Lapidary

Work, form and finish stone, minerals, gemstones, and other materials into functional and decorative items.

**Palo Duro, Juniper**  
**Tuesday, 8:00–12:00 noon**  
**Thursday, 8:00–12:00 noon**  
Andazola, Ellis

## Leather

### Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather. Some tools are provided.

**Palo Duro, Aspen**  
**Tuesday, 12:00 noon–2:00 pm**  
Love, Scott

## Metals

### Silversmithing Beginning I

Learn with basic silversmithing techniques to cut, stamp, solder and finish silver. Design and create a unique piece of jewelry to be proud of in this 6-week course. You will need to bring 5–6 small hand tools.

**Palo Duro, Juniper**  
**Wednesday, 4:30–6:45 pm**  
**Jan. 25–Feb. 29**  
**Mar. 14–Apr. 25** (no class March 21)  
**Jun. 20–Aug. 1** (no class July 4)  
\$65 course fee to instructor on 1st day  
\$30, Silver (or market price) and materials paid in advance, Ott

### Silversmithing II

Expand on the skills learned in Silversmith I with a focus on bezel construction, soldering and stone setting. Must have taken Silversmith I or have experience. You will need 5–6 small hand tools. Cabochons are available for purchase or bring 2–3 of your favorites.

**Palo Duro, Juniper**  
**Wednesday, 4:30–6:45 pm**  
**May 2–June 6**  
\$65 course fee to instructor on 1st day  
\$30, Silver (or market price) and materials paid in advance, Ott

## Silversmith: Open Lab

For students with a basic knowledge of jewelry making to use equipment.

**Palo Duro, Juniper**  
**Wednesday, 12:00–3:00 pm**

## Metal Casting

Learn basic skills and methods.

**Palo Duro, Juniper**  
**Thursday, 1:00–5:00 pm, Ellis**

## Pottery

### Pottery Lab

For advanced and intermediate pottery students only.

**Palo Duro, Piñon**  
**Wednesday, 8:00–11:30 am**  
Self-directed  
**Bear Canyon, Room 4**  
**Friday, 12:30–4:30 pm**  
Christine Evans

### Pottery: Introduction

Make pinch pots, work with coils and slabs, use the wheel, and sculpture fundamentals. Experienced students welcome. Materials fee.

**Barelas, Santa Fe**  
**Tuesday, 1:00–4:00 pm**  
**Thursday, 9:00 am–12:00 noon**  
Marilu Tejero  
**Bear Canyon, Room 4**  
**Thursday, 9:00–11:30 am**  
**Nov 10–May 3, 2012**  
Christine Evans  
Sign up at the front desk

### Pottery

This beginning–advanced class is for all levels. Learn the latest techniques. Materials fee.

**Bear Canyon, Room 4**  
**Tuesday, 9:00–11:30 am**  
**Nov 8–May 1, 2012**  
Christine Evans  
Sponsored by Senior Arts Inc.  
**Los Volcanes, Room 4**  
**Wednesday, 9:00 am–12:00 noon**  
Christine Evans  
**Manzano Mesa, Room 3**  
**Thursday, 9:00 am–1:00 pm**  
Lea Jones  
**North Valley, Room 4**  
**Monday, 9:00 am–12:00 noon**  
Christine Evans  
This class is for all levels  
**Highland, Room 2**  
**Monday, 1:00–4:00 pm**  
Christine Evans  
**Palo Duro, Piñon**  
**Friday, 9:00–11:30 am**  
Tejero

## Pottery: Intermediate

For those with previous experience.

**Bear Canyon, Room 4**  
**Wednesday, 1:00–5:00 pm**  
**Nov 9–May 2, 2012**  
Christine Evans, materials fee.  
See instructor for waiting list.

## Pottery: Advanced

**Manzano Mesa, Room 3**  
**Tuesday, 9:00 am–1:00 pm**  
Carolyn Rigozzi

## Punch Quilting

### Punch Quilting

A “no sew” way to create fabric pictures and wall hangings. Just score your design on foamboard, cut shapes from batting and fabric, and punch the edges into the foamboard for a 3-D look.

**Manzano Mesa, Room 3**  
**Tuesday, 1:00–3:00 pm**  
\$10, C.D. Arntzen, B. Knight

## Quilting

### Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

**Palo Duro, Aspen**  
**Tuesday, 8:30–11:30 am**

### Quilting:

#### Community Service

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

**Los Volcanes, Room 2**  
**Thursday, 9:00 am–1:30 pm**  
Santillanes  
**Highland, Room 3**  
**Monday, 9:00 am–11:00 am**

### Quilting

For novice and experienced quilters

**Highland, Room 7**  
**Tuesday, 8:00 am–12:00 pm**

**Los Volcanes, Room 2**  
**Thursday, 9:00 am–12:00 noon**

**North Valley, Room 3**  
**Monday, 8:00 am–4:00 pm**  
**Sunday, 1:00–4:00 pm**

**Palo Duro, Cottonwood**  
**Tuesday, 8:00 am–12:30 pm**  
Narosonia Spartz, Wanda Stanton  
**Saturday, 9:00 am–1:00 pm**  
Rostel, Dixon

**Most classes require reservations and payment to the instructor at the first class.**



## Quilting: Experienced

These experienced hand quilters work on each other's quilts.

**Bear Canyon, Rooms 5, 6**  
**Tuesday, 8:30 am–12:00 noon**  
 Frankie Clark

## Telescope

### Amateur Telescope Making

Make your own telescope.

**Manzano Mesa, Room 3**  
**1st Wednesday, 7:00–9:00 pm**  
 Mike Pendley

## Woodcarving

### Open Woodshop

If you are interested in carving, cutting or working on other wood projects please join us. Equipment and assistance available if needed.

**North Valley, Room 3**  
**Tuesday, 8:30–10:30 am**  
 Ken Vaughn

## Woodcarving

For women and men of all skill levels.

**Bear Canyon, Room 4**  
**Friday, 8:00 am–12:00 noon**  
 Gerry Hobart

**Los Volcanes, Room 10**  
**Tuesday, 9:00–11:00 am**  
 Richey, Upson, Lovato  
**Wednesday 12:00–4:00 pm**  
 (power tools)  
 Juanita Hopes

**Manzano Mesa, Room 3**  
**Wednesday, 8:00–11:00 am**  
 Ralph Manchego

## Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. People 9 and over are welcomed. (Children must have a parent present.) Bring your own tools.

**North Domino Baca, Community Rm**  
**Wednesday, 12:30–3:30 pm**  
 Rivera, Hobart



## Computer Classes

### General Computer

#### Ask Computer Questions—Get Computer Help

Bring your computer questions. Instructors will offer assistance, or you can learn through the discussion of other people's problems.

**Manzano Mesa, Computer lab**  
**1st Saturday, 12:30–2:30 pm**  
 M. Hadaway, J. Freedman, R. Bemis, D. Collins, E. Cardona



#### Getting to Know the Computer

For novices to increase their comfort level with the computer. Learn how to turn it on and off, how to start and use programs to play games, type documents and surf the internet. Detailed handout included.

**Los Volcanes, Room 1**  
**January 9, 11, 17, 18, 2:00–4:00 pm**  
 \$30, Karen Hunt  
**North Domingo Baca, Lounge**  
**January 4, 5, 6, 10:00 am–12:00 pm**  
 \$25, Karen Hunt

## Apple

### Apple Macintosh Classes at Bear Canyon

Apple Macintosh Classes are planned for the first-half of 2012. Dates and times will be posted when available. Course fees vary.

To join the Bear Canyon Macintosh User Group e-mail list and receive advanced course notification plus receive regular "Mac Tips & Information." contact: Bob Reed at 292-3805, reed1936@comcast.net.



## Flash Drives

Join Karen Hunt and learn how to use flash drives for portable storage instead of floppy disks. Take this class before your other computer classes so you can use it in other classes. Bring a flash drive to use in the class. You can purchase a good one for about \$10—just shop around.

**Los Volcanes, Room 1**  
**February 6, 8, 2:00–4:00 pm**  
**Manzano Mesa, Computer lab**  
**January 25, 26, 6:00–8:00 pm**  
**North Valley, Computer lab**  
**Tues., January 24, 31, 5:00–7:00 pm**  
 \$15, check or money order in advance  
 Karen Hunt

## PC Overview: Beginners

We'll start with the basics. Keyboard and mouse skills required.

**Bear Canyon, Room 2**  
**Mon, Jan 13–Mar 19, 2:45–4:45 pm**  
 \$30 plus materials, Marc LaChey

## Beginner Computer Class

So, you know nothing about computers, but it is time you did. Learn the reasons why with our basic learning programs.

**Los Volcanes**  
 For info. call Mike Salata 249-0760

## Apple Macintosh Day

Open to Mac users of any experience level. No registration required.

**The Learning Corner**—a different Macintosh subject every month, such as, word processing applications and using pdf documents, hard drive and operating system maintenance, photo scanning and managing photos, using email and Internet applications, and more!

**Apple Users Group**—announcements, open forum Q&A help time, and presentations.

**Bear Canyon, Rooms 2, 5 and 6**  
**3rd Saturday**  
**The Learning Corner**  
 9:30–10:45 am

**Apple Users Group**  
 11:00 am–12:15 pm  
 Bob Reed



## Beginner Computer

Reduce computer anxiety by learning the basics. Presented in plain English, learn how to: use the mouse, surf the Internet, use the keyboard, and use different programs. Also learn fun things you can do on a computer and suggestions on what classes to take in the future.

**Highland, Computer room**  
**February 14, 18, 21, 25 or**  
**June 19, 21, 26, 28**  
 10:00 am–12:00 noon  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual provided  
**North Valley, Computer lab**  
**Wed, Fri, Feb 15, 17, 22, 24 or**  
**Wed, Fri, June 20, 22, 27, 29**  
 10:00 am–12:00 noon  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual provided

## Monitored Computer Lab

### Computer Lab

Open to members who wish to practice their computer skills or access the web. For those who need one-on-one assistance with certain tasks, a computer instructor may be in the lab to answer questions or assist you.

**Barelas, Atlantic**  
**Thursday, 8:00–10:00 am**  
**Friday, 8:00–11:00 am**  
 Schedule subject to change depending on computer classes.

**Bear Canyon, Room 2**  
**Monday, Thursday, Friday**  
 9:00–11:30 am  
 No registration required  
**Manzano Mesa, Computer Lab**  
**Tuesday, Thursday,**  
 9:00 am–12:00 pm  
**Wednesday, 9:00–11:00 am**  
**North Valley, Computer lab**  
**Tuesday, Thursday, 1:00–3:00 pm**  
**Palo Duro, Cedar Crest**  
**Monday, 1:00–3:00 pm**  
**Friday, 1:00–3:00 pm**  
 Schedule subject to change.

## Computer: Start from Scratch

Drop by this open workshop as often as you'd like to get acquainted with the computer. Personalized coaching provides a step-by-step introduction and hands on practice sessions, covering topics like basic terms, turning the computer on and off, and writing and saving files.

**Barelas, Computer room**  
**Monday, 9:00–11:00 am, \$3**

Look for this logo for evening and weekend activities.



## PC Problem Solving and Users Group

Novice and experienced users take part in the discussion of PC hardware, software, experiences, what's new, help and shareware. No registration required.

**PC Problem Solving**  
**Bear Canyon, Room 2**  
**Monday, 1:00–2:30 pm**  
 Martha Mihalopoulos

**PC Users Group**  
**Bear Canyon, Room 2**  
**Wednesday, 12:15–2:30 pm**  
 Bert Radebaugh

## Introduction to Computers

This hands-on course is designed for beginners to learn basic Windows computer functions. Become familiar with: terms, operating instructions and functions such as turning the computer on and off; using the mouse and keyboard; creating simple documents; E-mailing; exploring the internet. No prior computer knowledge necessary. Sign up necessary and must attend the first class.

**Palo Duro, Cedar Crest**  
**January 10, 11, 17, 18, 24, 25**  
**May 1, 2, 8, 9, 15, 16**  
**Tuesday & Wednesday, 1:00–3:00 pm**  
 \$30 payable during the first class  
 Jim Genasci aka Grandpa Jim

## Keyboarding

Learn to use the keyboard to control your computer with shortcuts rather than the mouse to select and manipulate items. Learn easy ways to cut, copy, and paste, activate programs, and more. It's easy. It's fun and you'll prefer it over using the mouse. Must be familiar with using the mouse to control your computer. Sign up necessary and must attend first the first class.

**Palo Duro, Cedar Crest**  
**February 7, 8, 14, 15**  
**Tuesday, Wednesday, 1:00–3:00 pm**  
 \$20 payable at first day class.  
 Jim Genasci aka Grandpa Jim



## Computer Spring Fling

Basic hands-on computer courses are designed to learn some tricks, tips, trivia and magic to make you and your computer behave in interesting ways. Learn to type special characters; adjust the clock, the screen saver, the mouse to make them function the way you want; learn keyboard shortcuts; type a page and check out print preview, page set-up, fonts and alignment; etc. Must have some experience using a PC computer with Windows. Sign up necessary and must attend first the first class.

**Palo Duro, Cedar Crest**  
**Session I: Mar. 6, 7, 13, 14, 27, 28**  
**Session II: Apr. 3, 4, 10, 11, 17, 18**  
**Tuesday, Wednesday, 1:00–3:00 pm**  
 \$30/session. Instruction is voluntary.  
 Jim Genasci aka Grandpa Jim

## Computer: Intermediate

Control your computer and reduce frustration. We will cover a patchwork of computer hints, tricks, tips and good information. Learn concepts (what's possible) and action (how to do it) in a number of areas, including customization, so your computer works well with you. Bring your questions and frustrations. Previous computer experience is recommended, but not required.

**North Valley, Computer lab**  
**Wed., Fri., Apr. 11, 13, 18, 20**  
**10:00 am–12:00 noon**  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

**Highland, Computer room**  
**Apr 10, 14, 17, 21**  
**10:00 am–12:00 noon**  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

## Windows

### Beginners Computer: Windows 7 and XP

Learn the basics. Includes using Calculator, Games, Paint, Wordpad, Copy and Paste. Intro to files and folders and My Computer. Common computer terms and processes.

**Manzano Mesa, Computer room**  
**Feb 15, 17, 22, 24, 29, Mar 2**  
**1:00–4:00 pm • Register by 1/30**  
**April 23, 27, 30, May 4, 7, 11**  
**9:00 am–12:00 pm • Register by 4/10**  
 \$30, for 6-sessions, Freedman

## Windows 7: Basics

This is a basic computer class using Windows 7, the latest operating system from Microsoft. Internet and E-mail are not covered. We help beginners. You are encouraged to bring your laptop to class. Desktops with Windows 7 are available.

**Bear Canyon, Room 2**  
**Tuesday, June 7, 14, 21, 28,**  
**12:30–3:30 pm**  
 \$25/4 weeks, Mary Sandoval

## Windows 7: Level 1

Learn how to manipulate windows, start programs, use help, customize settings such as screen colors and screen saver, use Windows accessories (Calculator, WordPad, and Games), use gadgets and the clipboard, virus protection, and perform shutdown and reboot.

**Manzano Mesa, Computer lab**  
**January 7, 14, 21**  
**9:15 am–12:15 pm**  
 (11:15 on the 21st)  
 \$30, handout included, Karen Hunt

**North Domingo Baca, Lounge**  
**Jan. 24, 26, 31, Feb 2,**  
**10:00 am–12:00 pm**  
 \$30, handout included, Karen Hunt

## Windows XP: Level 1

Knowing Windows puts you in charge of your computer. Learn how to: use a mouse, manipulate windows, start programs, use Help, customize settings such as screen colors and screen saver, use Windows accessories (Calculator, WordPad, and Games), use the Windows clipboard for cut 'n paste, use virus protection, and perform shutdown and reboot.

**Los Volcanes, Room 1**  
**Jan 23, 25, 30, Feb 1, 2:00–4:00 pm**  
 \$30, Karen Hunt, handout included.

## Windows Review

This hands-on course is designed for those who know Windows' basics, but want to review or add to their skills. We'll review how to resize, reposition, minimize, tile and store windows; use the menu, tool, format and task bars; create documents, files and folders and move them about; etc. Sign up necessary and must attend first the first class. Prerequisites: Some experience using Windows.

**Palo Duro, Cedar Crest**  
**May 29, 30, June 5, 6, 12, 13**  
**Tuesday, Wednesday, 1:00–3:00 pm**  
 \$30 payable during the first class  
 Jim Genasci aka Grandpa Jim

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...

For information call: 764-6400  
 The Department of Senior Affairs  
 or the Citizen Contact Center 311  
 TTY: (505) 764-6405

Fitness Programs • Classes  
 Volunteer Opportunities  
 Travel • Meals  
 Albuquerque 50+ Olympics  
 Community Meeting Space  
 Computer Labs  
 and much more!



Center memberships are only \$13 a year!





## Desktop Publishing

### Print Artist Platinum 22: Beginner's

Learn to make personalized greeting cards, signs, brochures, certificates, and name tags, labels, business cards, calendars, and more. It's fun to personalize your items and learn to be creative. Prerequisites: Mouse and keyboard skills required. For personal copies bring 4 GB flash drive. Sign up necessary and must attend first the first class.

**Palo Duro, Cedar Crest**  
**Jan. 3, 10, 17, 24, 31, Feb. 7**  
**Tuesday, 9:30–11:30 am**  
 \$40 for 6 weeks payable to the instructor at the first class  
 Farmer, Love and Francis

## Microsoft Word

### Word 1

Learn how to create documents, edit text, use the spell checker, copy, and move and paste text, set margins, change fonts, select text, save and print...skills necessary to use Word, the most popular word processing program in the world. Previous experience on a computer is recommended, but not required.

**North Valley, Computer lab**  
**Wednesday, Friday, June 6, 8, 13, 15**  
 10:00 am–12:00 noon  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

**Highland, Computer room**  
**June 5, 7, 12, 14, 10:00 am–12:00pm**  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

### Word 2003: Level 1

Acquire the skills you will need to: create documents, edit text; use spell and grammar check, enhance text with fonts, bullets, and numbering, copy and move text (cut 'n paste), undo moves, set margins, use Auto-Correct; and save and print.

**Los Volcanes, Room 1**  
**Feb. 28, 29, 10:00 am–12:00 noon**  
 \$30, Karen Hunt, handout included, bring a flash drive.

### PowerPoint 2007 or 2010: Level 2

Continuing from PowerPoint Level 1, topics include animation, triggers, master pages, more text features, tables, SmartArt, more on distributing your show, and customizing the presentation. Tips and tricks a plenty.

**N. Domingo Baca, Computer lounge**  
**January 11, 12, 18, 19**  
 10:00 am–12:00 pm  
 \$30, Karen Hunt, bring a flash drive, handout included

### Enjoying the Internet

The Internet has become a very important part of our lives. Learn how to access the Internet from your home, learn how to shop safely without compromising your personal information, learn how to find information at the websites for New Mexico, Bernalillo County and Albuquerque sites (all of which are chock full of good information for residents), learn how to find medical information at the Mayo Clinic, learn the name of websites for games that improve our minds, learn how to avoid viruses on your computer, how to search to reduce frustration, and more. The Internet is both serious and fun—take advantage of it! Previous computer experience is recommended, but not required.

**North Valley, Computer lab**  
**Wednesday, Friday, March 14, 16, 21, 23**  
 10:00 am–12:00 noon  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

**Highland, Computer room**  
**Mar 13, 17, 20, 24,**  
 10:00 am–12:00 pm  
 \$25, check or money order in advance  
 Ronnie Sklarin, manual included

### Internet: Level 1

Learn terms, go to web sites, use Favorites, send email and attachments, perform Internet searches. Get a free email address and learn to use it. Mouse and keyboard skills required.

**Manzano Mesa, Computer lab**  
**June 11, 15, 18, 22, 25, 29**  
 9:00 am–12:00 noon  
 register by May 25  
 \$30, Jack Freedman



### Internet Users Group

Each meeting has a presentation and Q&A on a topic related to the Internet. No sign up required

**Bear Canyon, Room 2**  
**4th Thursday, 7:00–9:00 pm**  
 Rod Gwyn



### E-mail

We'll set you up with a free email address at either Yahoo or Gmail (part of Google). Learn how to send email, reply to an email, forward an email to someone else, and send one email to many people. You'll also learn how to attach photographs and documents to your email. In order to do email, you don't even need to own a computer; there are public computers (our libraries, for instance) in many locations in Albuquerque where you can sign on to get your email. Email is a fun, convenient way to stay in touch with people down the street and across the globe. Previous experience recommended, but not required.

**North Valley, Computer lab**  
**Wednesday, Friday, May 9, 11, 16, 18**  
 10:00 am–12:00 noon  
 \$25, check or money order in advance, Ronnie Sklarin

**Highland, Computer room**  
**May 8, 12, 15, 19**  
 10:00 am–12:00 pm  
 \$25, check or money order in advance, Ronnie Sklarin

**Activities are free with  
 membership unless  
 otherwise indicated.**

### Facebook for Seniors

Use Facebook to communicate with family (siblings, parents, children and grandchildren). Learn how to navigate, post news, send private messages, view family photos and post your own, change privacy settings, and a bit about finding 'friends' if you want to find a long-lost cousin or friend.

**Highland, Room 6**  
**January 12, 13, 19, 20, 2:00–4:00 pm**  
 \$30, Karen Hunt, handout included

**Los Volcanes, Room 1**  
**Feb 20, 22, 27, 29, 2:00–4:00 pm**  
 \$30, Karen Hunt, handout included

### Intro to Genealogy

Explore your questions about your ancestors. We will begin by listing pedigree charts, family history charts and working on oral histories from other family members. Exploration will be done using free on-line databases. There will be time devoted for individual attention.

**N. Domingo Baca, Community Room**  
**Thursday, 2:15–3:15 am**  
**January 17–February 7**  
 Nancy E. Rogers

## Multimedia

### Multi-Media Group

This group meets to see demonstrations and discuss various aspects of the use of the computers in the creation, editing, acquisition, saving, compression and conversion of digital photos, video and audio files.

**Bear Canyon, Room 2**  
**2nd Thursday,**  
**7:00–8:45 pm**  
 no sign up required, Shaff, Elosua



## THE NURTURED HEART APPROACH



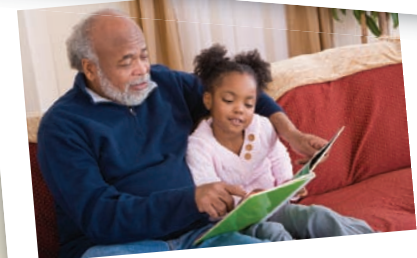
### NHA METHODS:

- help you powerfully set limits
- help you powerfully honor and strengthen children's successes
- give you the strength not to get caught up in children's negative behavior

**FREE**

## TO ALL GRANDPARENTS RAISING GRANDCHILDREN

- Learn helpful, practical, proven methods for nurturing the growth of your grandchildren.
- Share your wisdom about raising children.
- Learn methods that are successful with all children of all ages and that are successful with difficult children.
- Enrich your life while enriching their lives.
- Build your enduring legacy. For now and beyond.



**January, 2012**  
Barelas Senior Center, Room TBD  
Mon., January 9, 23, and 30  
Fri., January 13, 1:00–2:30 p.m.

**February, 2012**  
North Valley Senior Center  
Mon., February 6, 13 & 27, Room 1  
10:30 a.m.–12:00 p.m. (noon)  
Fri., February 24, Room 4  
10:30 a.m.–12:00 p.m.

**March, 2012**  
Bear Canyon Senior Center  
Fri., March 2, 9, 16 & 23, Room 3  
10:00–11:30 a.m.

**764-6400 Senior Information • 311 Citizen Contact Center • TTY: (505) 764-6405**



## Income Tax Assistance



Reservations required. If you have a complex return, check with the center before making an appointment. Some returns are out-of-scope for volunteer assistants.

Please bring the following information to your appointment.

- Picture Identification
- Copy of your last year's tax returns.
- Social Security Cards for all people listed on return.
- W-2 forms for wages.
- Forms including: 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA-1099 (Social Security Benefit Statement); All 1099-B (stock sales) You must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G (gambling winnings); RRB-1099 (railroad retirement); and any other 1099 forms.
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses.
- For age 65 or older, property tax bill and/or rent receipts.

**Bear Canyon, Room 2, 4**  
**Tuesday, Feb. 7–Apr. 10, 8:00 am–4:00 pm**

**Highland**  
**Thursday, February 2–April 12**  
9:00 am–2:30 pm, Appointments required

**Los Volcanes**  
**Friday, February 3–April 13**  
9:00 am–3:00 pm, Appointments required

**Manzano Mesa, Room 4**  
**Monday, Feb. 6–Apr. 16, 8:30 am–1:00 pm**  
**Thursday, Feb. 9–Apr. 12, 8:30 am–1:00 pm**

**North Valley, Room 1, 2**  
**Friday, Feb. 3–Apr. 13, 8:30 am–1:30 pm**

**Palo Duro**  
**Thursday, Feb. 2–Apr. 12, 8:15 am–3:00 pm**

**Barelas, Room Coal & Lead**  
**Monday & Wednesday, Feb. 1–Apr. 11**  
8:00 am–4:00 pm (sign in by 3:00)

**Los Volcanes**  
**Friday, February 3–April 13**  
9:00 am–3:00 pm, Appointments required

**North Domingo Baca, Classroom 1**  
**Monday, Feb. 13–Apr. 9, 8:00 am–4:00 pm**



## Digital Photography

### Basic Digital Photography

With lectures and practical demonstrations, master your camera to take better photographs using your camera's features and modes. Get answers to your questions and problems. Learn settings to take better scenic photographs and photographs of friends, family, pets, flowers, and small objects. Learn how to use your flash and more.

Barelas, Atlantic  
Tuesday, January 3–February 21  
9:30 am–12:00 noon  
\$10/8 classes, Roger Marshal

N. Domingo Baca, Community Room  
Feb. 8–Apr. 4, 10:15 am–12:15 pm  
Apr. 25–June 20, 10:15 am–12:15 pm  
\$20, Roger Marshal

## Photography Lectures

### Awesome Copper Canyon, Mexico “Grand Canyon X4”

Enjoy the amazing natural features and vastness of this verdant, immense result of erosion, Earth movement creating difficult access challenges. Marvel at the engineering excellence of “El Chepe,” Mexico's only passenger railway, and the main transportation route through this spectacular geographic phenomenon.

North Valley, Room 3  
Tuesday, January 10  
4:30–6:30 pm  
\$5/person, \$7.50/couple



### Photographing Colorful, Spectacular Antelope & Glen Canyons; Page, AZ

Revel in the amazing and variable colors in these two geographically unique and photogenic canyons. A PowerPoint presentation will show an application of color palate and camera control selections for adventurous photographers.

North Valley, Room 3  
February 14  
4:30–6:30 pm  
\$5/person, \$7.50/couple



Call the host center to  
sign up for classes.

## Digital Camera Classes with Walter Punke

\$15 per person, \$25 per couple

### Digital Camera Accessories Selection and Purchase

Want to upgrade from your current digital camera or transition from film to the benefits of control and instant gratitude of digital photography?

Manzano Mesa, Room 3  
Fri., February 17, 6:30–8:30 pm  
Bear Canyon, Room 4  
Thur., August 4, 7:00–9:00 pm

### Basic Digital Camera Usage

Become familiar with your camera's features to broaden photographic opportunities. Learn the various settings for different shooting situations.

Manzano Mesa, Room 3  
Mon., February 13, 6:30–8:30 pm  
Palo Duro, Ponderosa  
Wed., January 4, 4:30–6:30 pm  
Los Volcanes, Room 1  
Sat., January 28,  
10:00 am–12:00 pm

### Camera Operating Guidelines

Join us for a broad overview of care, treatment and settings available on your camera. Expand mastery and control for various environments.

North Valley, Room 3  
Tues., January 17, 4:30–6:30 pm  
Manzano Mesa, Room 3  
Sat., February 18, 10:00 am–12:00 pm  
Bear Canyon, Room 4  
Thur., March 8, 7:00–9:00 pm

### Improve Photographic Skills

Learn presets, menus, modes and techniques for greater creativity and personal satisfaction.

Palo Duro, Ponderosa  
Wed., January 18, 4:30–6:30 pm  
Bear Canyon, Room 4  
Thur., January 5, 7:00–9:00 pm

### Evaluating Composition

Learn to use evaluative techniques used by judges in photo contests and expand your photographic ability.

Palo Duro, Ponderosa  
Wed., February 1, 4:30–6:30 pm  
North Valley, Room 3  
Tues., March 13, 4:30–6:30 pm

### Composition Techniques

Go beyond the basics as you consider lighting, color, placement, etc. prior to shooting to achieve the most desirable pictures.

Highland, Room 8  
Wed., January 11,  
4:30–6:30 pm

### Photography Contests

Learn about about contest guidelines and opportunities. Prepare by learning procedures and techniques to improve your results.

North Valley, Room 3  
Tues., March 6, 4:30–6:30 pm

### Digital SLR Camera Basics

Single-lens reflex cameras offer the ultimate in operator selection and control. Learn to use your camera's features to select ideal presets for different environments.

North Valley, Room 3  
Tues., January 31, 4:30–6:30 pm  
Manzano Mesa, Room 5  
Sat., January 7, 10:00 am–12:00 pm  
Sat., March 10, 1:00–3:00 pm  
Palo Duro, Ponderosa  
Wed., February 15, 4:30–6:30 pm  
Bear Canyon, Room 4  
Thur., March 15, 7:00–9:00 pm

### Intermediate Digital SLR Camera Operations

Single-lens reflex cameras provide users numerous opportunities to ‘take control’ of most shots. Expand your DSLR mastery for enhanced creativity and shooting difficult.

Highland, Room 8  
Sat., March 17, 10:30 am–12:30 pm

### Use of White Balance and ISO Settings

Take control of RGB color hues, “Kelvin” temperatures and sensitivity speed for more colorful shots and image control in available light. Practice making setting changes quickly while shooting.

Manzano Mesa, Room 3  
Sat., January 21, 10:00 am–12:00 pm

Bring your digital camera, two sets of batteries, storage card(s), connectivity cable and manual for your unit.



### Free Camera Q&A

This free Q&A session focuses on camera operation. Repair problems will not be covered.

Manzano Mesa, Lobby  
Fri., Jan 6 and Feb  
17, 4:30–6:00 pm

Bear Canyon, Lobby  
Thur., Jan 5 & Feb 2,  
5:00–6:30 pm

Highland, Lobby  
Wed., Jan 11 & Feb  
8, 2:30–4:00 pm

North Valley, Lobby  
Tues., Jan 17, Mar  
13, 2:30–4:00 pm

### Computer/Camera Interface

Transfer pictures from your camera to your computer or flash drive to create albums, upload photos, order prints on-line or share by e-mail. Be prepared to review photo your editing software.

Manzano Mesa, Room 4  
Fri., January 6, 6:30–8:30 pm  
Palo Duro, Ponderosa  
Wed., March 7, 4:30–6:30 pm  
Bear Canyon, Room 4  
Thur., February 2, 7:00–9:00 pm  
Highland, Room 8  
Wed., February 22, 4:30–6:30 pm

### Control Your Camera

Enhance light settings with exposure value adjustments to increase or decrease brightness, select different metering settings to accentuate the focal point, and apply bracketing to ensure a good exposure.

Manzano Mesa, Room 4  
March 12, 6:30–8:30 pm  
Bear Canyon, Room 4  
Thur., February 16, 7:00–9:00 pm

### Taking Better Photographs

Learn/practice procedures and refinements you can apply to immediately improve your photographic composition skills and results.

Manzano Mesa, Room 4  
Sat., January 7, 1:00–3:00 pm  
Highland, Room 8  
Wed., February 8, 4:30–6:30 pm  
Los Volcanes, Room 1  
Sat., February 4, 10:00 am–12:00 pm



# Language Classes

## Dutch Speaking Group

Speak Dutch? Join us to converse, and share jokes.  
**Bear Canyon, Lobby**  
**Friday, 10:00–11:30 am**

## French: Advanced

Everyone with a good speaking and reading basis in French is welcome. We focus on conversation, reading, listening and grammar review.  
**Palo Duro, Aspen**  
**Monday, 1:00–2:45 pm**  
Instructors: Goldsmith, Tailby

## German: Beginning

This continuing class, started with the basics of pronunciation and grammar. See instructor about book.  
**Palo Duro, Aspen**  
**Thursday, 8:45–11:30 am, Ohlen**

## German: Intermediate

Learn fundamentals with emphasis on conversation. A new textbook and new methodology will make this course different from previous ones taught by the instructor.  
**Bear Canyon, Room 1**  
**Monday, 10:00 am–12:00 noon, Roth**

## Italian: Beginning

A continuation of a 2009 Italian conversation, grammar and culture class. First year Italian grammar basics are required. Admission by permission of instructor.  
**Los Volcanes, Room 2**  
**Wednesday, 2:00–4:00 pm**  
\$2/class, John Zarola

## Italian: Intermediate

Gain the basics to get around, as well as an appreciation of the culture, with an emphasis is on reading, grammar, conversation and verbs.  
**Bear Canyon, Room 3**  
**Tuesday, 11:00 am–1:00 pm**  
Register with Alex Trujillo

Activities are free with membership unless otherwise indicated.

## Sign-Language

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases.  
**North Valley, Room 3**  
**Tuesdays, March 6, 13, 20, 27, April 3, 10, 1:00–2:30 pm**  
\$5 material fee, Pam Jenkins

## Beginning Conversational Spanish

Suitable for absolute beginners and a good refresher for those who have had Spanish in school—but a lot more fun! Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations.  
**North Valley, Room 3**  
**Tues., May 8, 15, 22, 29, June 5, 12, 19, 26**  
5:30–6:30 pm  
\$70/12-weeks, Cathy Varney

## Spanish with Guadalupe

Join Guadalupe Rivera in this fun conversational Spanish class.  
**Los Volcanes, Room 1**  
**Thursday, January 12–March 8**  
**Thursday, March 29–May 17**  
10:00 am–12:00 noon  
\$25/8 weeks

## Spanish: Intermediate

Converse, read, and translate.  
**Palo Duro, Ponderosa Pine**  
**Tuesday, 1:00–3:00 pm, Arndt**

## Spanish after Intro

This class is appropriate for students who have had some Spanish before.  
**North Domingo Baca, Classroom 1**  
**Tues, Thur, Jan 17–Mar 8, 2:15–3:30 pm**  
\$15 materials, Louise Harris



# Music Classes

## Piano Workshop

Piano instruction for beginners and intermediate students.  
**Bear Canyon, Room 3**  
Beginners, **Thursday, 9:30–10:30 am**  
Intermediate, **Thursday, 10:30–11:30 am**  
Darlene Cox, No registration required

## Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.  
**Bear Canyon, Room 1**  
**Friday, 8:00–10:00 am**  
Garcia, No registration required



## Spanish: Intermediate

Extend your knowledge of managing verbs into sentences. Learn to communicate at a deeper level, getting a feel for the language, culture and pronunciation. Important: Learn how to get most of your needs met without ever conjugating a verb!  
**Manzano Mesa, Room 5**  
**Monday, Jan. 9–25, 11:00 am–1:00 pm**  
\$60, Dr. Judy Vavrek

## Spanish: Intermediate to Advanced

Done mainly in Spanish. Activities emphasize speaking, listening and reading as students take turns planning and conducting the class.  
**Bear Canyon, Room 3**  
**Tuesday, 9:00–11:00 am**  
Arenholz, Siler, call to see if space is avail.

## Spanish: Grammar Review, Conversation

Improve fluency as you converse with others in Spanish.  
**Bear Canyon, Room 3**  
**Tuesday, 1:00–3:00 pm, King, Campbell**

## Inglés

**Inglés por principiantes, Nivel Uno:** Aprende a comunicar en inglés para establecerse bien en la comunidad. Se necesita entender lo que se pasa en derredor de usted. Este curso le apoderará para sentirse más a gusto con el idioma y para superar. La Dra. Judy usa técnicas que ella desarrolló a través de 20 años para aprender más rápidamente y recordar la información.  
**Barelas**  
**Tuesday, 2:00–4:00 pm,**  
Dr. Judy Vavrek



Pick up a Sports and Fitness catalog for details on Winter Sports Activities



## Writing Classes and Groups

### Creative Writing Group

Aspiring writers meet to create, share, critique and perfect their work in this supportive and non-threatening group.

**Highland, Room 2**  
Thursday, 1:00–3:00 pm

### Encouraging an Supporting the Writer Within You

This workshop will cover the process of writing fiction and non-fiction; developing and structuring your book in your voice and point of view. The class is intended to encourage, inspire, motivate and support you in a non-judgmental, stimulating environment.

**North Domingo Baca, Classroom 1**  
Monday, Jan 9–Feb 27,  
6:00–7:30 pm  
Monday, Mar 12–Apr 16,  
6:00–7:30 pm  
\$35, Marcia Rosen,  
www.creativebookconcepts.com;  
(505) 293-2122.

### Fiction, Non-Fiction and Poetry

All forms of writing are explored.

**Bear Canyon, Room 1**  
Monday, 2:30–3:45 pm  
Rob Spiegel, Larry Greenly  
No registration required

### Society of Children's Book Writers and Illustrators

Meet to discuss the art of writing children's books.

**Manzano Mesa, Room 5**  
2nd Tuesday, 7:00–8:45 pm  
Lisa May

### TGIF Poetry Group

Devoted to reading the poetry of its members, contemporary poets, as well as great poets of the past.

**Bear Canyon, Room 3**  
1st and 3rd Friday, 1:00–3:00 pm  
Allan Roth, no registration required

### Writing for Fun Group

For encouragement in the “inspirational” literary field. Critiques are amicable and offered only when requested.

**Manzano Mesa, Room 5**  
Monday, 1:00–3:00 pm  
Lee Brown

### Writing Your Autobiography

This ongoing workshop focuses writing about events in one's life.

**Bear Canyon, Room 1**  
Tuesday, 8:30–10:45 am  
Suzanne Clear

## Albuquerque/Bernalillo County Libraries Events



### 2012 New Mexico Centennial Speakers

Jan 21	<i>Early Quests for Statehood</i> , Tim Kimball	July 21	<i>Bernardo Miera—</i> <i>New Mexico Mapmaker</i> , John Kessell
Feb 18	<i>John S. Calhoun—Indian</i> <i>Agent, Territorial Governor</i> , Sherry Robinson	Aug 18	<i>Settling New Mexico's</i> <i>Colonial Landscape</i> , David Snow
Mar 17	<i>Prehistoric New Mexico</i> , David Stuart	Sept 15	<i>Pueblo Nations and The</i> <i>Federal Government</i> , Ron Solimon
Apr 21	<i>Long Walk from San Juan</i> <i>to St. Louis 1803</i> , Henrietta Christmas	Oct 20	<i>Treaty of Guadalupe Hidalgo</i> , Richard Griswold
May 19	<i>Law and Order During</i> <i>the Territorial Years</i> , Robert Torrez	Nov 17	<i>Statehood at Last!</i> Richard Melzer
June 16	<i>Isleta Migrations Pre Statehood</i> , Richard Garcia	Dec 14	TBA, (2nd Sat. due to holidays)

**Special Collections Library**, Botts Hall

3rd Saturday, 10:30–12:00 noon, info: [www.cabq.gov/library](http://www.cabq.gov/library) or call 311



### Genealogy

Are you interested in finding out more about your family history? Explore ABC Libraries' genealogy collection, meet fellow researchers, and find out about the different research societies active in the city.

**Main Library**, 2nd floor  
Information (505) 768-5131



## Activities for your Grandchildren



### El Día de los Niños

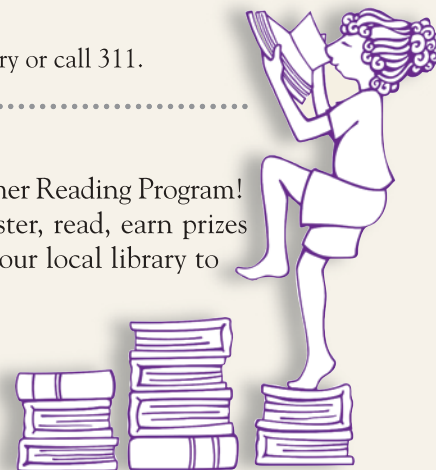
El Día de los Niños, a multicultural celebration of children and literacy. The libraries will host special events for children, families and school groups featuring storytellers, dance, drumming, interactive exhibits about New Mexico and more. At the end of each event, children will be able to take home a book of their very own (while supplies last).

**All Albuquerque/Bernalillo**  
**County Libraries, April 23–30**  
More information: [www.cabq.gov/library](http://www.cabq.gov/library) or call 311.

### Summer Reading Program

Dream Big, Read! And be part Summer Reading Program! Children, teens and adults can register, read, earn prizes and attend special events. Stop by your local library to sign up!

**All Albuquerque/Bernalillo**  
**County Libraries, June 1–July 20**  
More information:  
[www.cabq.gov/library](http://www.cabq.gov/library) or call 311.



## Chill out with us at Manzano Mesa's WATER SPRAYGROUND



### Manzano Mesa Multigenerational Center

Opens After Memorial Day • M–F 11am–3pm • Information: 275-8731

Look for this logo for evening and weekend activities.



# Albuquerque/Bernalillo County Libraries




## Crafts

### Crafts with Tina

Alamosa Library  
meets monthly, 3:00–5:00 pm  
All ages are welcome,  
but this is really for children.

### Origami Cool Zone

Join us and learn a new project.

Tony Hillerman Library   
1st Saturday  
Call or stop by for info or to register.

## Needlework

Do you knit, crochet, cross-stitch, needlepoint or latch hook? Bring your stitchery projects to one of these drop in groups.

### An Itch to Stitch

Cherry Hills Library  
Tuesday, 10:00 am–noon  
All ages.

### Sandia Stitch n' Time

East Mountain Library  
1st & 3rd Saturday, 3:00–5:00 pm

### Saturday Stitching

Los Griegos Library  
2nd Saturday, 10:30 am–12:30 pm

### North Valley Knitters

North Valley Library  
Thursday, 2:00 pm

### Learn to Knit and Crochet

North Valley Library  
2nd Thursday, 5:30 pm

### A Good Yarn

Taylor Ranch Library  
Friday, 2:00–3:30 pm

### Hillerman Stitching Club

Tony Hillerman Library  
Tuesday, 11:00 am–1:00 pm

## Family Movies

Join us for a free movie.

### Family Movie Series

Lomas Tramway Library  
4th Saturday, 4:00 pm

### Saturday Movies

South Broadway Library  
1st Saturday, 2:00 pm

## Adult Book Clubs


### Bookworms Book Club

Juan Tabo Library  
2nd Tuesday, 1:30 pm


### Lomas Tramway Book Group

1st Wednesday, 2:00–3:15 pm or  
6:30–7:45 pm (both sessions same)


### Los Griegos Reading Club

Los Griegos Library   
2nd Saturday, 3:00–4:20 pm

### Taylor Ranch Reading Group

Taylor Ranch Library   
2nd Saturday, 2:00–3:30 pm

### Erna Fergusson Book Club

Tony Hillerman Library   
Wednesday, 6:00–7:30 pm

## For Mystery Lovers

### Mystery Book Group

Cherry Hills Library  
1st Tuesday, 6:00–7:30 pm

### Wide World of

### Mystery Book Group

Bring your lunch and discuss.

Main Library

Last Friday, 12:00 noon–1:00 pm

### Mystery Book Group for Adults

North Valley Library  
1st Friday, 4:00 pm

### Who Dunit?

Tony Hillerman Library  
2nd Thursday, 3:00–4:00 pm

## For the Grandkids

### Preschool Storytime

Enjoy stories, songs and  
fingerplays

Alamosa Library  
Wednesday, 10:15 am

### Preschool Art


Cherry Hills Library  
2nd Monday  
Registration required, call for  
info.

### Book Look

Cherry Hills Library  
2nd & 3rd Wednesday  
for ages 5–7

## Storytime for Grownups

Join us as staff members read aloud  
their favorite short stories as well  
as selections from longer works.

San Pedro Library   
Last Saturday, 3:30–4:15 pm

## Events

### Two Poets Series

Lomas Tramway Library  
3rd Wednesday, 11:00 am  
Quarterly

### Music by the Mountain

Join us for music and community!

Lomas Tramway Library  
3rd Wednesday, 6:30 pm

## Other Activities

### One on One

### Computer Sessions

East Mountain Library  
Thursday, 11:00 am–noon

### Gizmo Garage

Want to meet eReaders and learn how  
to borrow eBooks & eaudiobooks from  
the library? Visit our Gizmo Garage for  
hands-on experience with the Kindle,  
Nook, Sony eReader, and iPod Touch.  
For dates and times: [cabq.gov/library](http://cabq.gov/library)

### Family Storytimes

Every **CHILD**  
Ready to **READ**  
@your library

Stories, songs,  
rhyme and movement.

Lomas Tramway Library  
Thursday, 10:30 am

### Preschool Storytime

Join us for stories,  
films and crafts.

Main Library  
Wednesday, 10:30 am

### Toddler Storytime

Join us for stories,  
songs and rhyme.

Main Library  
Thursday, 10:30 am

### Storytime in Español

South Broadway Library  
November 5 & 12, 2:00 pm  
Call (505) 837-6638 for details.

# ABC ALBUQUERQUE BERNALILLO COUNTY LIBRARIES

## Library Numbers and Locations

ALAMOSA LIBRARY,  
6900 Gonzales SW, 836-0684

CHERRY HILLS LIBRARY,  
6901 Barstow NE, 857-8321

EAST MOUNTAIN LIBRARY,  
1 Old Tijeras Rd. (Tijeras)  
281-8508

ERNA FERGUSON LIBRARY,  
3700 San Mateo NE, 888-8100

ERNIE PYLE LIBRARY,  
900 Girard SE, 256-2065

JUAN TABO LIBRARY,  
3407 Juan Tabo NE, 291-6260

LOMAS TRAMWAY LIBRARY,  
908 Eastridge NE, 291-6295

LOS GRIEGOS LIBRARY,  
1000 Griegos Rd. NW, 761-4020

MAIN LIBRARY,  
501 Copper NW, 768-5141

NORTH VALLEY LIBRARY,  
7704-B 2nd St. NW, 897-8823

SAN PEDRO LIBRARY,  
5600 Trumbull SE, 256-2067

SOUTH BROADWAY LIBRARY,  
1025 Broadway SE, 764-1742

SOUTH VALLEY LIBRARY,  
3904 Isleta SW, 877-5170

SPECIAL COLLECTIONS  
LIBRARY,  
423 Central NE, 848-1376  
(Genealogy and Local History)

TAYLOR RANCH LIBRARY,  
5700 Bogart NW, 897-8816

TONY HILLERMAN LIBRARY,  
8205 Apache NE, 291-6264

WESTGATE LIBRARY,  
1300 Delgado SW, 833-6984





## Other Classes

### Planning for the Time Opportunities of Retirement

How will you spend your time in retirement? Be prepared for the unexpected consequences of available time, identity change, and emotional differences that come up when one retires.

**Manzano Mesa, Room 3**  
**Friday, January 20, 27**  
 6:30–8:30 pm, \$30/person or \$45/couple, for both sessions and a workbook filled with activities for personal introspection.  
 Walt Punke



### Anthropology

Learn how we got the color of our skin, how traditions began, and why they continue. The class will cover cultural and physical anthropology and archaeology over a 25-week period in three segments.

**Bear Canyon, Room 3**  
**Monday, Jan 9–May 7**  
 10:00–11:00 am  
 Joan Ludeke, Ph.D

### Creating Collections or Enhancing a Room's Focal Point Using Art and Accessories

By not defining priorities for a room, and accessorizing accordingly, you'll be lacking a clear focal point for your place. Learn how to create cohesive groupings of artwork, pictures and other collectables to showcase your treasures in a pleasing composition, and emphasize a room's focal point. As a result, you'll be adding comfort and balanced to your space.

**N. Domingo Baca, Community Rm.**  
**Saturday, February 11**  
 10:45–11:45 am  
 \$8, Claudia Lucas



### The 10 Most Common Decorating Mistakes and How to Correct Them

Create a more pulled together, balanced look in your home by using your existing furnishings to their best potential and adding only what you need. Learn the trade secrets of redesign specialists and be able to apply them to reflect your style, on your budget.

**Bear Canyon, Room 3**  
**Saturday, February 25**  
 9:00–10:30 am  
 \$8, Claudia Lucas



**N. Domingo Baca, Community Rm.**  
**Saturday, April 14, 1-hour class**  
 10:45–11:45 am  
 \$8, Claudia Lucas



**Palo Duro, Aspen**  
**Saturday, March 17**  
 10:30–11:30 am  
 \$8, Claudia Lucas



### How to De-Clutter a Room Using Innovative Storage Solutions

You'll learn a systematic approach to de-cluttering each room of your home and garage. We'll also cover tools and strategies to help streamline spaces that appear chopped up or cluttered by a hodgepodge of books, magazines, electronic media, etc. into a cohesive, well-organized space.

**Bear Canyon, Room 3**  
**Saturday, March 31**  
 9:00–10:30 am  
 \$8, Claudia Lucas



**Palo Duro, Aspen**  
**Saturday, April 21**  
 10:00–11:30 am  
 \$10, Claudia Lucas



### Sell It! Rent It! Staging Your Property for Success

Avoid expensive staging costs using the time-tested principles of Resale Ready™ Staging Services offered exclusively by Interior Redecorator's Network certified members. Learn to troubleshoot design problems, what updates are priority, ways to use existing furnishings, and how to add flair to your properties' exterior. Learn from an expert whose track record for homes sales after staging services ranged between 2 days and 11 weeks in the past year.

**N. Domingo Baca, Community Rm.**  
**Saturday, May 12**  
 10:45–11:45 am  
 \$10, Claudia Lucas



### Downsizing with Style

Take the guesswork out of downsizing when it's time to move to a smaller living space. Winnowing down the accumulations from a larger home, or a lifetime can seem overwhelming. Avoid costly mistakes with a systematic plan.

**Palo Duro, Aspen**  
**Saturday, June 16**  
 9:30–12:00 noon  
 \$15, Claudia Lucas



### Tension Relief with Tennis Balls

**Los Volcanes, Room 2**  
**Saturday, 11:00 am–12:00 pm**  
 \$8/4-week class, payable first day of class, Armstrong



### Kindergarten for Adults: The Art of Play

Experience the best aspects of kindergarten again in a warm supportive environment, where the only goal is to play. We won't be creating any Mona Lisa's here. Class will possibly include fingerpainting, coloring, show and tell, story time, music and snacks. Come and let your hair down and the kid inside you out, in this lighthearted fun loving atmosphere. Bring an item for show and tell.

**Manzano Mesa, Room 3**  
**3rd Saturday, 1:00–2:45 pm**  
 \$3 supply fee, Karen J. Scott



### Home Composting Class

Create your own inexpensive soil amendment. Kitchen garbage smells better without food scraps and septic tanks benefit from less waste. About 13% of landfill garbage is green waste and 12% is food waste, both make a gourmet delight for your garden.

**Los Volcanes, Room 2**  
**Saturday, April 14**  
**Saturday, May 19**  
 9:30–11:30 am, John Zarola



### Chair Massage

**North Domingo Baca, West Lobby**  
**Thursday, 2:30–7:30 pm**  
 \$10/12 minutes & other monthly specials  
 Ken Tinsdale  
 Reservations available upon request



### Reflexology

Reflexology is a wonderful simple natural holistic healing. Reflexology is the application of pressure to specific reflex areas on the feet that correspond to the body's organs and gland through the nervous system. By stimulating reflexes in the feet it assists in correcting stress in your body enhancing the body's natural healing abilities. Benefits of reflexology: Pain reduction, improved circulation by increasing oxygen and nutrient supply to all cells in the body, full body relaxation increasing productivity and better quality of life, detoxification improving gland and organ function.

**Los Volcanes, Room 2**  
**Saturday, 11:00 am–1:00 pm**  
 \$15/20-min session  
 Teresa Tobin-Easdale



### Cooking Class

Traditional New Mexican Favorite Foods will be demonstrated by Jane Butel, award winning school owner, teacher and author of over 20 cookbooks. She will demonstrate Sonoran salsa verde with tostadas, carne adovada, chile rellenos with red chile sauce, sopaipillas with honey and flan caramelizado.

**Los Volcanes, Kitchen**  
 \$35 special discounted Senior Rate.  
 For more on Jane Butel, go to [www.janebutelcooking.com](http://www.janebutelcooking.com)

Look for this logo for  
 evening & weekend activities



# Sports Competitions



Pick up a  
50+ Sports & Fitness  
Catalog for registration  
forms and details about any  
of these competitions or  
call 880-2800

**ABQ  
50+  
GAMES**

## Albuquerque 50+ Games

The 50+ Sports & Fitness Program hosts lessons, trainings and invigorating fun events that prepare Bernalillo County residents to participate in 23 different sports competitions. The ABQ 50+ Games are the local qualifying events for the New Mexico State Senior Olympics and are held March–May 2012. The top winners at the New Mexico Senior Olympics will qualify to compete at the 2013 National Senior Games. Contact any 50+ Sports & Fitness Center for information.



### Events at a glance

Cycling, air gun and table tennis workshops; bowling, basketball 3 point & free throw, eight ball pool, talent show & dance, shuffleboard, swimming, racquetball, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.



## The 2012 "Compete & Meet" Games

Join us for our winter competition and spring workshops.

### Pickleball Indoor Doubles Tournament

Manzano Mesa  
Multigenerational Center, gym  
Sat.–Sun., Jan 14–15, • 9:00 am  
\$10/event • Register by: Monday,  
January 9, 2012



### Swim Workshops

Los Altos Pool  
Sat., Feb 18 • 12:00 pm  
FREE • Register by: Monday,  
February 13, 2012

West Mesa Aquatic Center  
Sat., March 3 • 12:00 pm  
FREE • Register by: Monday,  
February 27, 2012

### Track & Field Workshop

Albuquerque Academy, Track  
Sun., April 15 • 11:00 am–2:00  
pm  
FREE • Register the morning of  
event



For info and to register call  
880-2800 or visit Palo Duro  
50+ Sports & Fitness Center  
3351 Monroe, NE



## The 50+ FANTASTIC! FREEZE FEST!

### Winter Sports Competitions:

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing
- and Ice Hockey



# Sports

## Air Gun Workshop

Get ready for the Games. Focus on basic marksmanship principles and techniques with emphasis on position and firing procedures.

**Eldorado High School, Rifle Range**  
**Saturday, March 3**  
 8:00 am–1:00 pm  
 Eldorado High School



## Air Gun Practices

For beginners or those wanting to hone their skills for competition.

**Eldorado High School, Rifle Range**  
 (by reservation)  
 Major Jim Korber, Senior Instructor,  
 Eldorado High School JR ROTC at  
 296-4871

## Zia Rifle & Pistol Club

This club promotes participation in shooting sports, emphasizing safety.

**Bear Canyon, Room 5**  
**3rd Thursday, 7:00–9:00 pm**  
 Grant A. Reel, President



## Badminton Practice & Play

Badminton challenges your mind as well as your reflexes and stamina.

**Manzano Mesa, Gym**  
**Monday, 1:30–4:00 pm,**  
**Friday, 1:00–4:00 pm**  
**Tuesday, 6:00–9:00 pm**

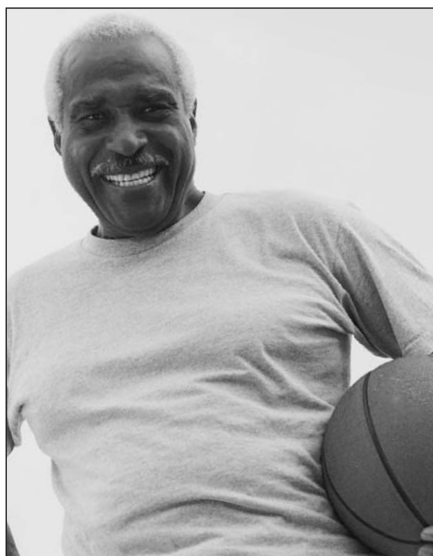


**Wells Park Community Center, Gym**  
**Tuesday, Thursday, 1:30–3:30 pm**  
 Terry and Nan Lauritsen, 266-8237

## Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon–Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

**Manzano Mesa, Gym (East/West courts)**  
**Mon, 11:00 am–1:00 pm, East**  
**Mon, 11:45 am–1:30 pm, West**  
**Mon, 7:00–9:00 pm both courts**  
**Tue, 11:00 am–1:00 pm**  
**Wed, 11:00 am–12:30 pm, East**  
**Wed, 11:45 am–12:30 pm, West**  
**Thur, 11:00 am–1:00 pm, both courts**  
**Fri, 11:00 am–1:00 pm, both courts**  
**7:00–9:00 pm, both courts**



## Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

**Manzano Mesa, Gym, East Court**  
**Tuesday, 11:00 am–1:00 pm**  
**Thursday, 11:00 am–1:00 pm**

## Cycling Workshop

Topics include: training, preparing your bike, eating and drinking, warming up, time trial and road races.

**McKinley Community Center**  
**Thursday, March 1, 1:00–2:00 pm**  
 To sign-up call 880-2800, for more information contact Peter Stirbis at 299-8442.

## Eight Ball at the Centers

Meet with friends and play a variety of games. Donation requested.

**Barelas, Barelas Blvd.**  
**Mon–Fri, 8:00 am–12:00 noon**

**Bear Canyon, Billiards Room**  
**Mon–Fri, 8:00 am–5:00 pm**  
**Sat, 9:00 am–3:00 pm**



**Highland, Billiards Room**  
**Mon–Fri, 8:00 am–5:00 pm**  
**Sat, 10:00 am–4:00 pm**



**Los Volcanes, Billiards Room**  
**Mon–Fri, 8:00 am–5:00 pm**  
**Thur, 8:00 am–7:00 pm**  
**Sat, 9:00 am–1:00 pm**



**North Valley, Billiards Room**  
**Mon, Wed, Thur, Fri, 8:00 am–5:00 pm**  
**Tuesday, 8:00–7:00 pm**  
**Sun, 1:00–5:00 pm**



**Palo Duro, Game Room**  
**Mon–Fri, 8:00 am–5:00 pm**  
**Wed, 8:00 am–7:00 pm**  
**Sat, 9:00 am–1:00 pm**



## Eight Ball Pool Tournament

Join us for a pool tournament.

**North Valley, Billiards Room**  
**Monday, February 6, 10:30 am**  
 \$2.50, register by Friday, January 27

## DSA Golf Tournament

The Department of Senior Affairs hosts a golf tournament twice yearly. For information call: James Mader, North Domingo Baca Multigenerational Center, 764-6475

## Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet apart.

**Bear Canyon, Park**  
**Friday, 10:00–11:00 am**  
 (weather permitting)

## 50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required.

**Los Volcanes 50+ Sports & Fitness Center**  
**April–October**  
**Every other Wednesday,**  
**7:00 am–5:00 pm**  
 Cindy McConnell

**Palo Duro 50+ Sports & Fitness Center**  
**Apr–Oct, Mon, 7:15 am–4:00 pm**  
 Vivian Heyward, Cindy McConnell

**North Domingo Baca, Fitness Center**  
**April–October**  
**Every other Wednesday,**  
**7:00 am–5:00 pm**  
 Cindy McConnell

## Hiking 101

Learn hiking techniques, conditioning exercises, safety, and how to have a minimal impact on the natural world. Nordic walking poles are provided by the center with a valid driver's license.

**Palo Duro 50+ Sports & Fitness Center**  
**Session 1: Apr 27, May 4, 11, 18**  
**Friday, 7:15 am–1:00 pm**  
 Cindy McConnell

## Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers. 5¢/mile.

**Bear Canyon**  
**1st & 3rd Thursday, 7:45 am**  
 Linda Svrcek, Sandy McAvoy

**Highland**  
**Every other Tuesday, 8:15 am**

**Manzano Mesa**  
**Wednesday afternoons, call for times**  
 Ed Cardona

**North Valley**  
**Every other Thursday, 8:00 am**

**Palo Duro**  
**Every other Tuesday, 8:00 am**  
 Marilyn Warrant

**Saturday, 9:00 am**  
 Sue Palletier



**Los Volcanes Treks**  
**1st & 3rd Thursday, 8:15 am**  
 Call for schedule or see *Lavaflow*  
 Ron Harris

## Kayaking

Learn to kayak in a safe, controlled environment as you master the basics. Kayaking is a fun way to experience the outdoors, and is a social activity that anyone can do since finesse and technique are more important than physical strength. It's the perfect low-impact activity for "kids" of all ages. Transportation to and from the pool is not included. Call 880-2800 to sign-up.

**Los Altos Pool**  
**Sat., February 18, 4:00–8:00 pm**  
**Sun., March 4, 4:00–8:00 pm**  
**Sun., May 6, 8:00 am–12:00 pm**  
**Mon., May 14, 10:00 am–2:00 pm**  
 Rio Grande Float Trip  
 \$60/1 pool lesson  
 \$120/1 pool lesson and guided river float trip (experienced participant)  
 \$150/2 pool lessons and guided river float trip  
 Kelly Gossett, certified by the American Canoe Association in Coastal Kayaking Level 3 Skills, White Water Kayaking Level 4, Day Trip Leading.

## Chair Massage

Alleviate those aches and increase circulation and relieve tightness.

**Palo Duro 50+ Sports & Fitness Center**  
 Call 880-2800

**Los Volcanes 50+ Sports & Fitness Center**  
 Call 839-3710

**Los Volcanes, Lobby**  
**Tue, Thu, 9:00–11:00 am**  
 \$1/minute, Liz Blasingame, LMT

Call the host center to reserve.  
Events are free with membership  
unless otherwise stated.

## Paddleboard

Are you ready to try another super fun water sport? Try Stand Up Paddling. Stand up paddle boards are very stable so it is easy and fun to learn. SouthWest WindSports is offering classes in Albuquerque on the Rio Grande and at Cochiti Lake. Learn: Safety and basic SUPing control and maneuver. Then put into the water and practice. Transportation, equipment (SUP board, paddle and life jacket) provided. Call 880-2800 to sign-up, class is limited to 8.

**Rio Grande River (in Abq/Rio Rancho) or Cochiti Lake**  
**Friday, 8:00 am–12:00 pm**  
3 Classes: June 22, July 20, August 24,  
\$40/class, Michael Pogzeba, SUP & Windsurfing Instructor

## Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

**Barelas, Country Club**  
**Monday, 2:30 pm–4:30 pm**

**Manzano Mesa**  
**Tuesday, 1:00–4:00 pm**  
\$1 donation  
Information: Scott Heron 299-7768 & Millie Martinez 797-0841

**Wells Park Community Center**  
**Monday, 9:00–11:30 am**  
\$1 donation  
Information: Scott Heron 299-7768, Betty Piatt 922-6375  
E-mail: boogie921@juno.com  
Website: www.senior-sports.org

## Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

**Bear Canyon**  
**65+ League**  
Chuck Halverson, 821-2749

**Highland**  
Ted Garcia, 256-0000 leave message

## Open Pickleball

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis on a badminton court with a table tennis feel." Times are subject to change from summer to winter. Coordinator: Bill Marshall, 417-9243

**Barelas, Country Club**  
**Mon, Wed, 9:30–11:15 am**

**Bernalillo Recreation Ctr, Gym**  
**Tue, Thu, 6:00–8:00 pm**  
**March–June,**  
Outdoors anytime

**Manzano Mesa, Gym**  
**Thu, 2:00–4:00 pm**  
**Sat, 9:00–11:00 am**  
**Training Sessions**  
**Tue, Thu, 9:15–11:00 am**

**Los Altos Park**  
Outdoors anytime

**Los Padillas Community Center, Gym**  
**Fri, 6:00–8:00 pm**

**Los Volcanes, Social Hall**  
**Mon, Wed, Fri, 9:30–11:00 am**  
**Mon, Wed, Fri, 12:30–3:00 pm**

**Los Vecinos Community Center, Outdoors**  
**Mon, Thu, 9:00–11:00 am**

**Paradise Hills Community Center**  
**Mon–Fri, 10:00 am–12:00 noon**  
Outdoors anytime

**Raymond G. Sanchez Community Center**  
**Tue, Wed, 1:00–3:00 pm**  
Outdoors anytime

**Roosevelt Middle School, Gym**  
**Tue, Thu, 6:00–8:00 pm**  
**Sat, 9:00 am–12:00 noon**  
**Sun, 1:00–3:00 pm**

**Zuni Courts**  
Outdoors anytime



## Table Tennis Practice & Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket.

**Barelas, Country Club**  
**Thursday, 1:30–3:00 pm**

**Bear Canyon, Social Hall**  
(subject to change)  
**Monday & Friday, 1:30–3:30 pm**  
**Wednesday, 10:15–11:00 am**  
**Thursday, 9:30–11:00 am**  
**Saturday, 9:00–11:00 am, 1:00–3:00 pm**

**Los Volcanes, Social Hall**  
**Tuesday, 1:30–5:00 pm**

**Palo Duro, Mesquite Room**  
**1st Saturday, 9:30–10:30 am**  
**2nd, 3rd, & 4th Saturday, 9:30–11:30 am**

**North Valley, Social Hall**  
**Monday, 2:00–5:00 pm (upon request)**

**Manzano Mesa, Game Room**  
**Monday–Friday, 8:00–9:00 am**  
**Saturday, 9:00–3:00 pm**

## Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

**Wells Park Community Ctr, Gym**  
**Monday, 6:00–8:00 pm**  
Dora Gunkel

**Wilson Middle School, Gym**  
**Saturday, 9:30 am–12:00 noon (Jan–Jun)**  
Dora Gunkel

**Manzano Mesa, Gym**  
**Monday & Friday, 5:00–7:00 pm**  
**Thursday, 6:00–9:00 pm**

## Senior Volleyball

**Manzano Mesa, Gym**  
**Saturday, 11:30 am–2:50 pm**

## Walk About Albuquerque

Visit interesting sites while learning the science of walking, safety tips, techniques and how to use a pedometer and walking poles. \$15 includes a pedometer, walking charts, instruction, handouts, the use of walking poles, transportation and a experienced, fun guide!

**Palo Duro 50+ Sports & Fitness Center**  
**Tuesday and Thursday, Departure times vary from 7:15 am to 8:45 am, depending on the destination.**  
Call 880-2800

**Tuesday Walks**  
Session I: Walk About  
March 27–May 1  
Session II: Walk About Too!  
8–June 12

**Thursday Walks**  
Session I: Walk About Too!  
March 22–April 26  
Session II: Walk About

### Walk About 1

**Week 1: A Blossoming Adventure—**  
Walk the Botanical Park and learn how to walk for the health of it.

**Week 2: Train to Bernalillo—**An historical tour of old Bernalillo—ride on the Rail Runner.

**Week 3: Nob Hill—**An architectural tour of this historical area.

**Week 4: The Albuquerque Bosque—**  
Discover Albuquerque's natural side.

**Week 5: Take a Walk on the Wild Side!—**Walk among the animals!

**Week 6: Plaza to Plaza—**Civic Plaza to Old Town Plaza. 250 years of history.

### Walk About Too! New

**Week 1: UNM Campus—**In 1892, Hodgin Hall was built on open grasslands; Come explore the beautiful campus and gardens we know today!

**Week 2: Coronado Monument and Tamaya Artwork—**A walk through history at Coronado to the very contemporary Tamaya, it happens along the familiar banks of the Rio Grande

**Week 3: Downtown Public Art Walk/ Reynold Neighborhood—**We'll find the beautiful and diverse artwork funded by 1% for the Arts, downtown

**Week 4: Hubbel House/South Valley Neighborhoods—**Explore the South Valley through its Open Spaces and the Historic Hubbel House

**Week 5: Ridgecrest Neighborhood/ Veteran's Memorial—**Under the shade trees of the post WWII neighborhood, lunch/tour of the Veteran's Memorial

**Week 6: Huning Highland Neighborhood/Martinez Town**



## 50+ Sports & Fitness Winter Sports

We offer an abundant number of exciting and fun opportunities for enjoying winter outdoor sports in New Mexico. Try crosscountry skiing, snowshoeing, downhill skiing or even snowboarding!

For more information: on-line at <http://www.cabq.gov>, at you local senior center, and in the 50+ Sports & Fitness Catalog.

### BFit2Ski

Ski Fitness Cardio Weight Training Class. Get ready for the winter sport season. Burn fat, gain strength, build lean muscle and increase cardio endurance while having fun with our sport specific training class. This class runs for 6 weeks.

1 class per week for \$40 plus tax or  
2 classes per week for \$75 plus tax.

**Los Volcanes 50+ Sports & Fitness Center**  
**Monday, Wednesday, 5:45–6:45 pm**  
Class 1: **Monday, Jan. 23–Feb. 27**  
(later in month due to holidays)  
Class 2: **Wednesday, Jan. 11–Feb. 11**  
Jacquie Davis, (505) 239-9399

**N. Domingo Baca Fitness Center**  
**Tuesday, Thursday, 5:30–6:30 pm**  
Class 1: **Tuesday, Jan. 17–Feb. 21**  
Class 2: **Thursday, Jan. 19–Feb. 23**

**Palo Duro 50+ Sports & Fitness Center**  
**Tuesday, Thursday, 5:45–6:45 pm**  
Class 1: **Tuesday, Jan. 10–Feb. 14**  
Class 2: **Thursday, Jan. 12–Feb. 16**  
Jacquie Davis, (505) 239-9399

### Winter Sports Day Trips

We offer 4 different weekly day trips for people 50 years of age or older. Beginning the week of January 10. Trips leave from Palo Duro 50+ Sports & Fitness Center and include Cross Country Skiing, Snowshoeing, Snowshoe 101, and Downhill Skiing.



### Winter Sports Lessons

During the first week of January we will be offering 4 all day lessons including downhill slalom course, cross country beginning and intermediate skiing, and telemark skiing. Trips leave from Palo Duro 50+ Sports & Fitness Center.

### Winter Sports Competitions

Join us for a 2-Day Winter Sports Event, the Fantastic Freeze Fest, which includes competitions in Cross Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey! The event starts with a Cross Country and Snowshoe competition on Wednesday, February 8, followed by ice hockey and a downhill ski and snow board race on Thursday. For more information call Palo Duro 50+ Sports & Fitness Center, 880-2800

### Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

A special trip is planned for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River. Call Palo Duro 50+ Sports & Fitness Center, 880-2800 for more information

### “Winter Sports Bunch” Overnight Trips

This club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Vivian Heyward, [vheyward@msn.com](mailto:vheyward@msn.com), or Wally Ross, [w20ross@aol.com](mailto:w20ross@aol.com).



## Dance Classes

### Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning ballroom dance class. Intermediate step patterns.

**Manzano Mesa**  
**Wednesday, 9:30–10:30 am**  
**Saturday, 12:00–1:00 pm**  
Barbara Weiss, call instructor for more info 506-0049

### Belly Dancing

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

**Manzano Mesa, Social Hall**  
**Thursday, 5:45–7:00 pm**  
Amaya

### Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

**North Valley, South Social Hall**  
**1st & 3rd Thursday, 2:00–3:00 pm**  
Joanie Carlisle

### Japanese Folk Dancing

An introduction to the culture and spirit of the “land of the rising sun.”

**Bear Canyon, Room 6**  
**1st, 2nd, & 4th Saturday**  
**10:00 am–12:00 noon**  
Natsuko Edelman

### Latin Spice Dance

Spice up your exercise with dance. No experience necessary.

**Manzano Mesa, East Social Hall**  
**Wednesday, 9:30–10:30 am**  
Barbara Weiss

### Line Dancing

Love to dance but don't have a partner?

**Bear Canyon, Social Hall**  
**Advanced, Thu, 1:30–3:00 pm**  
**Beginning, Thu, 3:15–4:30 pm**  
**Intermediate II, Tue, 1:30–3:00 pm**  
**Intermediate I, Tue, 3:00–4:30 pm**  
Clarada Hull

**Los Volcanes, Social Hall**  
**Beginning, Tue, 9:15–10:15 am**  
Jeanette C. Finegold  
**Beginning, Tue, 10:30–11:30 am**  
Clarada Hull  
**Intermediate, Jeanne Hendrix**  
**Thu, 9:00–10:00 am, \$1**  
**Thu, 10:00 am–11:00 am, \$1**

**Manzano Mesa, Social Hall**  
**Beginning, Wed, 1:30–3:00 pm**  
**Intermediate, Wed, 3:00–4:30 pm**  
Georgette Smith  
**Intermediate II, Fri, 1:30–3:00 pm**  
**Advanced, Fri, 3:00–4:30 pm**  
Wylene Santistevan

**North Domingo Baca, Social Hall**  
**Thu, 1:00–2:15 pm**  
Mary Garcia  
**Intermediate, Tue, 5:45–7:30 pm**  
Georgette Smith  
**Intermediate, Mon, 1:00–2:15 pm**  
Jeanne Hendrix

**North Valley, South Social Hall**  
**Beginning, Mon, 1:00–2:00 pm**  
Clarida Hall

**Palo Duro, Mesquite**  
**Advanced, Mon, 1:30–3:00 pm**  
**2nd, 3rd, & 4th Sat, 10:30–12:00**  
**Beginning, Mon, 3:15–4:30 pm**  
**Sat, 9:00–10:30 am**  
Tidy

**Highland, Social Hall**  
**Tuesdays, 1:00–3:00 pm**  
Bise & Santistevan

## Fitness/Exercise

### Adapted Aquatics

Taught in therapeutic 92 degree water, participants are led through range of motion exercises that help increase joint mobility as well as develop muscular strength. A 50¢ fee will get you transportation to and from the UNM Therapy Pool on Monday, Wednesday, and Friday from all 6 senior centers; and from Palo Duro 50+ Sports & Fitness Center on Tuesdays and Thursdays. Please call 880-2800 for information.

University of New Mexico  
Therapy Pool  
Monday–Friday, 1:00–2:00 pm  
\$1

### Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

Barelas, Country Club  
Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall  
Monday, Wednesday, Friday  
8:00–9:00 am

Highland, Social Hall  
Monday, Wednesday, Friday  
10:00–11:00 am

Los Volcanes  
50+ Fitness Center, Aerobic Room  
Monday, Wednesday, Friday  
8:00–9:00 am, 4:15–5:15 pm,  
5:30–6:30 pm

Manzano Mesa, Gym  
Monday, Wednesday, Friday  
8:15–9:15 am

Palo Duro, Mesquite Room  
Monday, Wednesday, Friday  
8:15–9:15 am

North Domingo Baca, E. Social Hall  
Monday, Wednesday, Friday  
8:05–8:50 am



### Albuquerque Air Jump

Albuquerque Air Jump Rope is a performance and competitive jump rope sports team, dedicated to promoting physical fitness through jump rope as a lifetime sport and to fostering confidence, discipline, responsibility, and leadership. Open to all ages.

North Domingo Baca, Social Hall  
Friday, 6:00–7:00 pm

### Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

Los Volcanes 50+  
Sports & Fitness Center  
3rd Wednesday

Manzano Mesa, Fitness Room  
2nd Wednesday

North Domingo Baca,  
18+ Sports & Fitness Center  
4th Wednesday

Palo Duro 50+  
Sports & Fitness Center  
1st Wednesday

### Cardio Interval

Weight and cardio training in timed intervals tones the body, and increases strength and endurance.

Los Volcanes 50+ Sports & Fitness  
Center, Aerobic Room  
Saturday, 10:00–11:00 am

### EnhanceFitness

This is an evidence based senior fitness class for beginners. There is a three-part assessment conducted in the class.

North Valley, South Social Hall  
Monday, Wednesday, Friday,  
9:00–10:00 am  
Karen Shore

North Domingo Baca, Social Hall  
Monday, Wednesday & Thursday  
10:10–11:10 am  
Kathy Weaver

### Fitball

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

Los Volcanes 50+ Sports &  
Fitness Center, Aerobic Room  
Monday, Wednesday, Friday  
10:20–11:20 am

Manzano Mesa, Gym  
Thursday, 8:15–9:15 am  
Janet Porter

Manzano Mesa, East Social Hall  
Friday, 4:45–6:00 pm  
\$2.50, Ann Owens

North Domingo Baca, 18+  
Sports & Fitness Center  
Day & Time TBA

### Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

Bear Canyon, Social Hall  
Tuesday, Thursday, 8:00–9:00 am

Highland, Social Hall  
Tuesday, Thursday, 10:00–11:00 am

Los Volcanes 50+ Sports &  
Fitness Center, Aerobics Room  
Tuesday, Thursday, 8:00–9:00 am

Manzano Mesa, Gym  
Tuesday, 8:15–9:15 am

North Domingo Baca, Social Hall  
Tuesday, Thursday, 8:05–8:50 am

North Valley, Social Hall  
Tuesday, Thursday, 8:15–9:15 am

Palo Duro, Mesquite Room  
Tuesday, Thursday, 8:15–9:30 am

### Get Fit Quick

Increase your muscular strength and your “fat-burning” capacity as well as aerobic endurance, with this quick-paced, full-body workout. Class consists of a series of timed workout stations (dumbbells, kettlebells, medicine balls, and fit balls)—you choose the intensity.

Manzano Mesa, Room 4  
Thursday, 6:30–7:30 pm  
\$20/4 classes, Kathy Weaver

### Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall  
Mon., Wed., Fri., 5:00–6:00 pm  
\$2.50 or \$20/month  
Ann Owens

### Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

Barelas, Country Club  
Tuesday, Friday, 10:15–10:45 am

Bear Canyon, Social Hall  
Monday, Wednesday, Friday  
9:15–10:15 am

Highland, Room 8  
Monday, Wednesday, Friday  
8:45–9:45 am

Los Volcanes 50+ Sports & Fitness  
Center, Aerobic Room  
Monday, Wednesday, Friday  
9:10–10:10 am, 11:30 am–12:30 pm

Manzano Mesa, Gym  
Monday, Wednesday, Friday  
9:30–10:30 am

North Valley, Share Your Care  
Tuesday, 9:45–10:15 am  
North Valley, Social Hall South  
Thursday 9:45–10:15 am

Palo Duro, Mesquite Room  
Monday, Wednesday, Friday  
9:30–10:30 am

North Domingo Baca, 18+ Sports &  
Fitness Center  
Monday, Wednesday, Friday  
9:30–10:30 am, 10:30–11:30 am

### Kettlebells

Kettlebells offers functional exercises using dynamic moves targeting every aspect of fitness—strength, agility, balance, flexibility and cardio endurance—challenging, efficient and fun!

N. Domingo Baca Fitness Center  
Monday, Wednesday, 6:00–7:00 pm  
Session 3: Jan. 23–Feb. 29, 2012  
Session 4: Mar. 12–Apr. 18, 2012  
Session 5: Apr. 30–Jun. 6, 2012  
Session 6: Jun. 18–Jul. 25, 2012  
\$125 plus tax.  
Heidi Rothenberg, Certified  
Russian Kettlebell Instructor



Look for this logo  
for activities hosted  
by Cultural Services

Dance to live music at  
the centers · page 46



Look for this logo for evening & weekend activities



## Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**Manzano Mesa, Room 4**  
**Tuesday, 5:45–6:45 pm**  
 \$20/4 week progressive session  
 Kathy Weaver, 803-6863

**North Valley, Social Hall South**  
**Tuesday, 5:45–6:45 pm**  
 \$3 Karen Shore

**Palo Duro, Cottonwood**  
**Wednesday, 5:30–6:30 pm**  
 \$3 Karen Shore

**Palo Duro 50+ Fitness Center**  
 Pilates Reformer Machine Training  
 Call 880-2800 for class schedule

**Beginning**  
**North Domingo Baca, Classroom 1**  
**Wednesday, 9:00–10:00 am**  
 Starting February 8  
 \$20/4-week session  
 Kathy Weaver, 803-6863

## Salsa-Robics

For women and men—a fun way to relieve stress, improve flexibility and build stamina! The tempo of the music, the syncopated patterns of the Cha Cha, Salsa/Mambo, Samba, and Rumba combined with the intensity with which you approach the exercises, makes this suitable for virtually everyone. Wear comfortable clothes and shoes.

**Los Volcanes, Social Hall**  
**Thursday, 6:00–7:00 pm**  
**Saturday, 9:00–10:00 am**  
 \$3, Elena Valencia

## Wii Video Fitness, Yoga and Sports

The Wii is a unique and physically interactive experience. Customize your fitness workouts with the Wii Fit or come and play the Wii Sports program. Upon request.

**Los Volcanes 50+ Sports & Fitness Center**  
 Call 880-2800

**Palo Duro 50+ Sports & Fitness Center**  
 Call 839-3710

**North Domingo Baca, 18+ Sports & Fitness Center**  
 Call 764-6496

## Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away. Achieve long-term benefits while having a blast with calorie-burning, body-energizing, awe-inspiring movements that combine interval training sessions to fast and slow rhythms and resistance training to tone and sculpt your body while burning fat.

**Barelas, Country Club**  
**Monday, Wednesday, 1:00–2:00 pm**  
 \$1 Therese Hallada

**North Domingo Baca, Social Hall**  
**Monday, 9:00–10:00 am**  
 \$2 Therese Hallada

**North Domingo Baca, Social Hall**  
**Monday, 4:30–5:30 pm**  
**Wednesday, 5:30–6:30 pm**  
**Saturday, 9:05–10:05 am**  
 \$5, Marian Tarin

**North Domingo Baca, Social Hall**  
**Saturday, 1:00–2:00 am**  
 \$3, Jennifer Sternhagen

## Zumba Gold

This class is designed for the active older adult. Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Bear Canyon, Social Hall**  
**Monday, 3:30–4:30 pm**  
 \$3, Angie Cantrell

**Los Volcanes, Social Hall**  
**Tuesday, 1:15–2:00 pm**  
**Thursday, 5:00–5:45 pm**  
 \$3, Roberta Garcia

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
**Tuesday, 5:30–6:30 pm**  
 \$3/class, Julie Stoffer

**Manzano Mesa, Gym**  
**Monday, Wednesday, 10:45–11:45 am**  
 \$1, Therese Hallada

**North Valley, South Social Hall**  
**Tuesday, Thursday**  
**4:00–4:45 pm**  
 \$3, Roberta Garcia

**North Domingo Baca, Social Hall**  
**Tues, Thur, Fri, 9:00–10:00 am**  
 \$1, Therese Hallada

**North Domingo Baca, Social Hall**  
**Wednesday, 9:00–10:00 am**  
 \$3, Jennifer Sternhagen

## Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life.

### Put Life Back Into Your Life.

Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop  
 2 1/2 hour meetings  
**ALL MyCD Programs are Free of Charge**  
 For more information visit:  
<http://www.arthritisnm.org/myCD-program.html>  
**Pre-registration required:**  
**Call (505) 880-2800**



**Los Volcanes 50+ Sports and Fitness Center, Aerobics Room**  
**Tuesday, 1:00–3:30 pm**  
 January 17–February 21  
 March 13–April 17  
 May 8–June 12

**Palo Duro Center, Ponderosa**  
**Thursday, 1:00–3:30 pm**  
 January 19–February 23  
 March 29–May 3  
 May 17–June 21

**North Domingo Baca Multigenerational Center, Community Room**  
**Tuesday, 9:00–11:30 am**  
 March 13–April 17

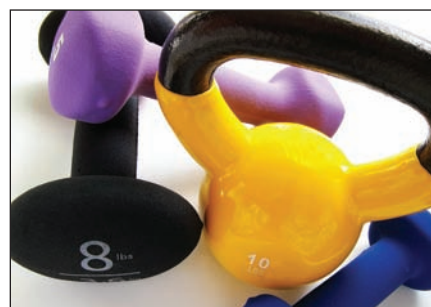
**North Valley, Room 3**  
**Monday, 9:00–11:30 am.**  
 March 5–April 9  
**Tuesday, 4:00–6:30 pm**  
 May 22–June 26

## Zumba Gold Toning

This class is specially designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body while burning fat.

**Los Volcanes, Social Hall**  
**Tuesday, 2:15–2:45 pm**  
 \$3, Roberta Garcia

**North Valley, South Social Hall**  
**Tuesday, Thursday, 3:00–3:45 pm**  
 \$3, Roberta Garcia



## Weight Training

### Weight Training Orientations

Weight training will keep you feeling and looking great. Get more energy and increase muscle tone and bone density! Sleep and feel better! Join one of our free orientations and learn the fundamentals of weight training.

**Los Volcanes 50+ Sports & Fitness Center**  
 Appointment: 839-3710

**Barelas, Pacific Room**  
**Monday, 11:30 am–12:30 pm**

**Manzano Mesa, Fitness Room**  
 Appointment: 275-8731 X232

**North Domingo Baca, Fitness Room**  
 Appointment: 764-6496

**Palo Duro 50+ Sports & Fitness Center**  
 Appointment: 880-2800

Activities are free with membership unless otherwise noted • Center memberships are only \$13 a year.

## Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

**Barelas, Pacific Room**  
764-6436, 714 7th Street, SW

**Los Volcanes 50+ Sports & Fitness Center**  
839-3710, 6500 Los Volcanes, NW

**Manzano Mesa, Fitness Room**  
275-8731, 501 Elizabeth, SE  
(18 years of age and older)

**Palo Duro 50+ Sports & Fitness Center**  
880-2800, 3351 Monroe, NE

**North Valley, 761-4025**  
3825 Fourth Street, NW

**North Domingo Baca, 18+ Sports & Fitness Center**  
764-6496, 7521 Carmel, NE  
(18 years of age and older)

## Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

**Los Volcanes 50+ Sports & Fitness Center**  
Call 839-3710 for schedule

## Back on Track

This class has a little of everything from cardio to strength training to core conditioning. Change up your workout with this total body-conditioning workout as you burn fat, gain strength, build lean muscle mass, and improve cardio endurance.

\$40 plus tax/1 class a week,  
\$75 plus tax/2 classes a week.

**Los Volcanes 50+ Sports & Fitness Center**  
**Monday, Wednesday, 5:45–6:45 pm**  
Beginning April 2012  
Jacquie Davis

**N. Domingo Baca Fitness Center**  
**Tuesday, Thursday, 5:30–6:30 pm**  
Beginning March 2012  
Marian Tarin, NASM Certified Personal Trainer

**Palo Duro 50+ Sports & Fitness Center**  
**Tuesday, Thursday, 5:45–6:45 pm**  
Beginning April 2012  
Jacquie Davis

## Get Fit Quick with Tabata Training

This fast-paced class combines cardio intervals with weight training to give you maximum calorie-burning benefits.

**Manzano Mesa, Room 4**  
**Thursday, 6:30–7:30 pm**  
**Monday, 6:30–7:30 pm**  
Beginning Jan 19 & 23, 2012  
\$40/6 week class  
Kathy Weaver, 803-6863



## Eastern Traditions

### Self Defense

#### Aikido

A non-aggressive style of martial arts working on the principle “do not fight force with force” redirect the attacker’s energy and use it to your favor.

\$4 or \$45/month, Charles Watkins,  
(505) 920-4180

**Los Volcanes 50+ Sports & Fitness Center, Aerobics Room**  
**Tuesday, Friday**  
3:45–5:00 pm



**Manzano Mesa, Room varies**  
**Monday, Tuesday,**  
7:00–8:30 pm



**North Domingo Baca, Room varies**  
**Thursday, 4:30–5:30 pm**  
**Friday, 6:00–7:30 pm**  
**Saturday, 9:15–10:30 am**



#### Aikido Weapons

Bokken (sword), Jo (staff)

\$4 or \$45/month, Charles Watkins, (505) 920-4180



**Manzano Mesa, Room varies**  
**Tuesday, 7:00–8:30 pm**  
**Saturday, 1:15–2:45 pm**



**North Domingo Baca, Social Hall**  
**Saturday, 10:30 am–12:00 pm**

#### All-Star Youth Karate

For ages 4–16, martial art techniques, emphasizing self-defense and child safety awareness is covered.

**Manzano Mesa, East Social Hall**  
**Wednesday, 6:00–9:00 pm**  
David Vigil, register: 899-1666



#### Kendo Kai

A Japanese martial art of fencing.

**Manzano Mesa, East Social Hall**  
**Friday, 6:00–8:00 pm**  
Davis Begay



## Weight Training Group Class

Six-week, group weight training class. Call the instructor or 880-2800 for class schedule.

**Palo Duro 50+ Sports & Fitness Center**  
\$150/6 weeks, Aaron Bubbico, ACE  
certified Personal Trainer 264-7341

**North Domingo Baca Multigenerational Center**  
\$150/6 weeks, Marian Tarin, NASM  
Certified Personal Trainer 620-3715

## Karate/Self Defense

Classes include training in self-defense, basic karate forms and katas. Okinawan self defense dancing movements are structured for people who may have some physical limitations or movement issues. Improve self-confidence, physical performance and overall health.

**Los Volcanes, Room 2**  
**Friday, 12:00–1:00 pm**  
Denis Rosenberg

## Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

**Manzano Mesa, Room 3**  
**Tuesday, Wednesday, 6:00–8:00 pm**  
Chris Nowak



## Personal Defense Club, Close Quarter Combat

A place to learn, teach and practice personal fighting skills—not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**  
**Tuesday, 7:30–9:00 pm**  
\$10/month, Dr. Sean Ross



## T'ai Chi

### T'ai Chi

A holistic way to health and happiness based on the gentle movements presented for healing mind and body and engaging the spirit.

**Los Volcanes, Room 2**  
**Wednesday, 12:00 noon–1:00 pm**  
\$3, Jim Dell

**Los Volcanes, Room 2**  
**Tuesday, 3:00–4:00 pm**  
\$5, Sifu Ty Beh

## Chi Basics

Class combines seated and standing therapeutic exercises that are gentle, simple and repetitive. Care and attention is given to personal limits, comfort zone and medical needs for a subtle yet energizing overall effect to enhance well-being.

**North Domingo Baca, Classroom 1**  
**Thursday, 10:00–11:00 am**  
\$5, Diane Chase, first class is free

## Qi Gong

Is a health cultivation system from China. It is enjoyed regularly for health, longevity and tranquility. The flowing postures and deep breathing vitalize the body and promote mental clarity.

**N. Domingo Baca, Community Rm.**  
**Friday 10:15–11:15 am**  
\$5, Loretta Shriver

**Los Volcanes, Room 2**  
**Thursday, 4:00–5:00 pm**  
\$5, Sifu Ty Beh



## T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi). It is often called a “moving Meditation” and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

**Palo Duro, Aspen Room**  
**BEGINNING**  
**Wednesday, 4:30–5:30 pm**  
**CONTINUING**  
**Wednesday, 5:45–6:45 pm**  
January 11–February 29  
March 7–May 2 (no class March 21)  
May 9–June 27  
\$60/8 week session  
Marilyn Irvin, certified instructor



**Manzano Mesa**  
**Tuesday, 5:30–6:30 pm**  
**January 10–March 6; March 13–May 1; May 8–June 26**  
\$60/8 week series, payable at first class  
Marilyn Irvin 504-4942



**PRACTICE**  
**Bear Canyon, Room 3**  
**Wednesday, 11:30 am–1:00 pm**  
Mary Moriarty

**Bear Canyon, Rooms 5**  
**Wednesday, 3:45–4:30 pm**  
**Highland, Room 7**  
**Friday, 9:00–10:00 am, Self-directed**



## T'ai Chi Ch'uan

Provides a cardiovascular workout and improves balance.

**Barelas**, Country Club  
**Wednesday**, 9:30–10:00 am  
Master Dug Corpolongo

**Bear Canyon**, Social Hall  
**Thursday**, 9:30–11:00 am  
John Young

**Highland**, Room 8  
**Thursday**, 9:30–10:30 am  
Master Dug Corpolongo

**Manzano Mesa**, Room 4  
**Tuesday**, 9:30–10:30 am  
Master Dug Corpolongo

**Palo Duro**, Ponderosa Pine  
**Friday**, 9:30–10:30 am  
(not meeting 1st Friday)  
Sifu Dug Corpolongo

### BEGINNING

**Bear Canyon**, Social Hall  
**Saturday**, 11:30 am–1:00 pm  
**Sept 27–June 16, 2012**

No sign up required, John Young

### DISCUSSION GROUP

**Bear Canyon**, Room 1  
**Tuesday**, 1:00–2:30 pm  
John Young

**North Valley**, Room 1 and 2  
**Monday**, 9:00–10:00 am  
Master Dug Corpolongo



## Yoga

### Yoga, Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

**Bear Canyon**, Room 1  
**Wednesday**, 8:45–9:45 am  
\$5, Lori Allison, RYT

**Highland**, Room 8  
**Friday**, 10:00–11:00 am  
\$10, Lori Allison, RYT

**Los Volcanes**, Room 2  
**Friday**, 10:00–11:00 am  
\$5, Maebi Richardson

### Gentle Yoga

For anyone new to yoga or desiring a slower paced class. Gentle yoga, relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and improve muscle tone.

**North Domingo Baca**, Classroom 1  
**Friday**, 9:00–10:00 am  
\$5, Marcy Covert

## Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Barelas**  
**Monday, Thursday**, 9:15–10:45 am  
**Wednesday**, 1:15–2:45 pm  
Dolly Sanchez

**Bear Canyon**, Room 6  
**Thursday**, 2:30–4:00 pm  
**Friday**, 1:30–3:00 pm  
Kae Sumrall

**Highland**, Room 7  
**Wednesday**, 1:15–2:45 pm

**Los Volcanes 50+ Sports & Fitness Center**, Aerobics Room  
**Saturday**, 8:00–9:30 am  
\$3, Kathy Crisp

**North Domingo Baca**, Classroom 1  
**Monday**, 5:45–6:45 pm  
**Tuesday**, 12:45–2:15 pm  
\$5, 1st class free, Lori Allison



### Basics/Beginning Yoga

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

**Manzano Mesa**, East Social Hall  
**Monday**, 6:15–7:15 pm  
\$25/month, Ann Owen

**North Domingo Baca**, Social Hall  
**Monday**, 5:45–6:45 pm  
**Tuesday**, 12:45–1:45 pm  
Classroom 1  
\$5, Lori Allison



### Yoga Dance Fusion

Yoga Dance Fusion is a fun synergy of easy yoga, simple dance movements, free dance, and laughter.

**Los Volcanes 50+ Sports & Fitness Center**, Aerobics Room  
Beginning January 5  
**Wednesday**, 2:45–4:00 pm  
\$4 Jody Ford

### Laughter Yoga

Laughter Yoga combines unconditional laughter with yogic breathing (pranayama). Laughter is simulated as an exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter.

**Los Volcanes**, Room 2  
**Saturday**, 10:30–11:00 am  
\$5, Maebi Richards



### Yoga, Dahn

**Los Volcanes**, Room 2  
**Thursday**, 2:00–3:00 pm  
\$5, Lynn Alexander

**North Domingo Baca**, Classroom 1  
**Friday**, 1:00–2:00 pm  
\$5, Lynn Alexander

**North Valley**, Social Hall South  
**Tuesday, Thursday**, 3:00–4:00 pm  
\$3, David Plummer

### Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

**Los Volcanes**, Room 2  
**Monday**, 2:00–3:00 pm  
\$5, Maebi Richards

**Hatha Yoga Plus** (plus core body-work)  
**Manzano Mesa**, Room 5  
**Friday**, 9:00–10:00 am, Janet Porter

**Hatha Yoga Qi Gong**  
**Manzano Mesa**, Room 5  
**Wednesday**, 9:00–10:00 am  
Dee Cappelle

**Classical Hatha Yoga**  
**N. Domingo Baca**, West Social Hall  
**Saturday**, 12:00–1:00 pm  
\$5, Misa Romero



## Other

### Meditation

Great for those who struggle with meditation, Twin Hearts Meditation is a 35-minute meditation and physical and breathing exercises.

**North Domingo Baca**, Community Rm.  
**4th Thursday**, 5:30–7:00 pm  
Gwen Pullen



### Brain Fitness Yoga

Do you want to sharpen your memory and deepen your concentration? Take action now! Attend this 8 week brain fitness course and recover your mental sharpness, clarity, concentration. Have fun learning and practicing the 6th healthy habits of brain fitness.

**Los Volcanes**  
**Jan 11–Mar 7, Wed**, 9:00–10:00 am  
Lynn Alexander

### Yoga, Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

**Manzano Mesa**, Room 4  
**Wednesday**, 10:00–11:00 am  
Sueshila Stubbe

### Progressive Beginner Series

For students who have some yoga experience, have practiced at home and are in good health. We continue to explore in grounding and extension, how to mobilize the core muscles, working with the breath, and deepening poses. There will be a focus on alignment, and some partner work.

**Los Volcanes**, Room 2  
**Saturday**, 9:30–10:45 am  
**Jan. 17–Feb. 25, March 17–April 28, May 12–June 30**  
\$5 or \$35/8 class card  
Leslie Gomez



### Nia Technique™

Inspired by dance, martial, and healing arts for a cardiovascular, aerobic, and super fun workout. This easy to follow, sensory-based movement practice leads to health, wellness, and fitness. Connect your body, mind, and spirit. We dance in our bare feet so we build strength from the ground up.

**Highland**, Room 8  
**Saturday**, 10:15–11:15 am  
\$7 or \$30/5 classes  
Elizabeth Cervantes



**Highland**, Room 8  
**Thursday**, 11:15 am–12:15 pm  
\$7 or \$30/5 classes, Michele Diel

**North Valley**, Rooms 1, 2  
**Tuesday**, 5:45–6:45 pm  
Beginning Jan 10, \$7 or \$30/5 classes, Elizabeth Cervantes



**North Domingo Baca**, Social Hall  
**Friday**, 10:15–11:15 am  
\$5, Peggy McLain

Call the host center to reserve. Center Directory on page 3.  
Events are free with membership unless otherwise stated.

# Groups & Clubs

## Acting

### Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

**Palo Duro, Aspen**  
Tuesday, 2:15–4:30 pm  
Yolanda Day

### Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

**Manzano Mesa, Room 3**  
1st Saturday, 10:00 am–12:00 noon  
Janet Porter

### Albuquerque Senior Theatre

Meet weekly to audition and rehearse for local plays.

**N. Domingo Baca, Community Rm.**  
Wednesday, 4:00–6:00 pm

### Highland Readers Theater

Meet weekly to audition and rehearse for local plays.

**Highland, Room 7**  
1st Thursday, 3:15–5:00 pm

## Arts and Crafts

### Colored Pencil Society

**Bear Canyon, Room 4**  
4th Saturday  
12:00 noon–3:00 pm  
Granville Chorn

### Project Linus

Sandians who enjoy sewing get together to make blankets for Project Linus, which are given to children in area hospitals and shelters for homeless and abused children.

**Manzano Mesa, Social Hall**  
2nd Saturday  
9:00 am–12:00 noon

### NM Polymer Clay

**N. Domingo Baca, Community Rm.**  
2nd Saturday  
12:00–3:00 pm

## Auto and RV Clubs

### Siglo De Oro R.V. Club

Excursions around the state and beyond highlight our travel season. Join business meeting and trip signup followed by lunch at a local restaurant.

**Bear Canyon, Social Hall West**  
3rd Tuesday, (except August)  
10:00–11:00 am

### Corvairs of New Mexico

In our 37th year as a charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

**N. Domingo Baca, Community Rm.**  
1st Wednesday  
7:00–8:30 pm  
Larry Yoffee

### Aristocrat Social Club

**Highland, Room 5**  
3rd Wednesday, 1:00–4:00 pm

## Discussion and Book

### Bible Basics

Join in the fun learning experience of discovering the Bible.

**Bear Canyon, Room 5**  
1st, 3rd, 5th Tuesday, 1:30–3:00 pm  
Rebecca Hunt

**Barelas, Atlantic**  
Wednesday, 10:00–11:00 am

**Los Volcanes, Room 1**  
Tuesday, 9:30–11:30 am  
Aranda, Balboa, Ramirez

**North Valley, Room 3**  
Thursday, 9:30–11:00 am  
Rev. Chavez

### Bible Study

We explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. No charge, and the Scripture portions are printed out for participants.

**North Domingo, Community Room**  
Wednesday, 9:30–10:00 pm  
John Embery

### Bible Discussion

**Manzano Mesa, Room 4**  
Thursday, 10:00–11:00 am  
**WOMEN'S BIBLE DISCUSSION**  
**Manzano Mesa, Room 4**  
Tuesday, 11:00 am–1:00 pm

## Classic and Great Books

Energize your mind.

**Bear Canyon, Room 3**  
2nd & 4th Friday, 1:00–3:00 pm  
Kathy Nunn

## Open Topic Discussion Group

Talk about ideas, values and problems of the times. Attend at any time. Occasionally, guest speakers are invited.

**Bear Canyon, Room 1**  
Tuesday, 11:00 am–12:30 pm  
**Palo Duro, Aspen**  
Thursday, 1:00–3:00 pm  
Zahnle

## Mystery & Audio Book Club

A title is announced at each meeting and discussed the following month.

**Palo Duro, Ponderosa Pine**  
2nd Tuesday, 1:30–2:30 pm

## The Novel Etc. Book Club

**Highland, Room 8**  
2nd Saturday, 2:30–4:00 pm

## Community Groups

### District 4 Coalition of Neighborhood Associations

**N. Domingo Baca, Community Rm.**  
3rd Wednesday  
6:30–8:50 pm

### Los Alamos Neighborhood Association (LAANA)

LAANA promotes the continued proper land use in the Los Alamos Subdivision and to protect neighborhood property values.

**North Valley, Social Hall**  
Times and dates TBA  
Mary Turpin

## Dance

### Square Dancing Group

**Palo Duro, Mesquite**  
Wednesday, 1:00–3:00 pm

## Family

### Genealogy Club

Learn to research your family history using internet sources. No registration required.

**Bear Canyon, Room 2**  
3rd Friday, 12:30–2:30 pm  
LaChey, Otahal, Holub

## Reclaiming Families

This community outreach project seeks to engage children of working refugee families in meaningful activities.

**Manzano Mesa, Room 5**  
2nd & 4th Monday  
6:30–7:30 pm  
Nkazi Sinandile

## Music

### Alb. Accordion Club

**Bear Canyon, Room 5**  
2nd Thursday  
7:00–9:00 pm  
Dan Wright

## Accordion Group

Open to members who play the accordion of all levels.

**Palo Duro, Aspen**  
Friday, 9:00–11:00 am  
Hendley

## Beartones

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

**Bear Canyon, Room 1**  
Thursday, 10:00 am–12:00 noon  
To enroll: Bob Meadows, director  
293-8445 or bobmeadows@aol.com

## Bear Canyon Sing-Along

This group meets to play and sing folk tunes accompanied by auto harp and guitar. Participants must be familiar with their instrument.

**Bear Canyon, Room 4**  
Monday, 4:00–5:00 pm  
Eleazar Benavides

## Choralaires

No musical training is required. Group also performs at community venues.

**Palo Duro, Cottonwood**  
Monday, 9:00–11:30 am

## Community Drum Circle

These Monthly intergenerational community music-making events require no previous drumming or musical experience, just a willingness to have some fun and play! Minimum age 8 years old. All children must be accompanied by participating adult.

**Manzano Mesa, Room 4**  
3rd Friday, 7:00–8:45 pm  
\$18 Adults, \$6 Seniors,  
\$4 Youth 8–17  
Giselle Felicia Vivian



## Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, any other instrument is welcome. It is helpful if you can sing, but not necessary. You will need your own instrument and music stand. We welcome musicians, amateurs and professionals.

**Barelas, Stover**  
Friday, 10:00 am–12:00 pm  
**Bear Canyon, Room 4**  
Monday, 2:00–4:00 pm, Benavides  
**North Valley, Social Hall**  
Tuesday, Friday, 10:00–11:45 am

## Mariachi Group

**Barelas, Santa Fe**  
Friday, 10:00 am–11:30 am

## Palo Duro Band Practice

For members who play an instrument.

**Palo Duro, Aspen**  
Friday, 1:00–3:00 pm

## Sing-A-Long

Join us for an afternoon of singing! Accompanied by 2–3 guitarists, this group sings a variety of songs.

**Barelas, Country Club**  
Thursday, 12:30–1:30 pm  
**Manzano Mesa, Room 4**  
Tuesday, 1:00–2:15 pm  
Richard Mabry

## Other Interest Groups

### Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

**Bear Canyon, Rooms 5 and 6**  
1st Thursday, 7:00–9:00 pm  
Harry Davidson 256-7212

### Albuquerque Tea Party

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc. Free.

**N. Domingo Baca, Community Rm.**  
January 10, 24, 31, 6:30–8:30 pm  
February 7, 14, 28, 6:30–8:30 pm  
March 6, 13, 27, 6:30–8:30 pm  
April 3, 10, 24, 6:30–8:30 pm

## Alb. Wildlife Federation

**Manzano Mesa, Room 3**  
2nd Thursday, 6:00–8:45 pm

## Libros Group

**Bookbinding Study Group**  
**Manzano Mesa, Room 3**  
1st Saturday, 9:00 am–12:00 noon

## NM Postcard Club

For those who collect postcards and collectors of New Mexico postcards.

**North Valley, Room 4**  
Sunday, Dates TBA  
12:30–3:00 pm

## Philatelic Club

Join us for mixtures, the trading circuit and door prizes.

**Palo Duro, Ponderosa Pine**  
Monday, 11:15 am–3:00 pm

## Rock Hound Club

**Palo Duro, Aspen**  
Meetings: 1st & 3rd Thursday  
12:00 noon–1:00 pm  
Trips: 2nd & 4th Thursday  
8:15 am–4:30 pm, 5¢/mile, Harris

## Zia Sundials, Chapter #106

Members of the National Assn. of Watch and Clock Collectors, the Sundials are enthusiasts and collectors of horological items.

**Bear Canyon, Room 4**  
2nd Saturday, 12:00 noon–3:00 pm  
Bob Sherman

## Computer and Camera

### Linux SIG

Ongoing discussion of Linux operating systems and applications software.

**Bear Canyon, Room 2**  
3rd Thursday, 7:00–8:45 pm  
Michael Tole

### Camera Club

Share photos, techniques, field trips too.

**Palo Duro, Ponderosa Pine**  
2nd Friday, 1:00–3:00 pm, Bruno

### Digital Camera Users Group

Discuss camera operation, techniques, new developments, etc. No registration required.

**Bear Canyon, Room 2**  
2nd Thursday, 10:00–11:30 am  
Schedule subject to change. Ray Elosua

# Dance to live music at the centers

## Afternoon Dances

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

**Barelas, Country Club**  
Friday, 1:30–4:30 pm

**Los Volcanes, Social Hall**  
Thursday, 1:30–4:30 pm

**North Valley, Social Hall**  
Sunday, 1:30–4:30 pm

**Bear Canyon, Social Hall**  
Thursday, 6:30–9:30 pm

**Highland, Social Hall**  
Saturday, 1:00–4:00 pm

## Dinner Dances

Spend an elegant evening dining and dancing to ballroom music. Various bands • \$7.50 per person

**Los Volcanes, Social Hall**  
Tuesday, April 24  
4:30–7:30 pm

**Barelas, Country Club**  
WINTER BALL  
Wednesday, January 25  
4:30–7:30 pm

## Satellite/Mealsite Dances

### Sweetheart Dance

You will not want to miss this great time to cheer on your represented site in the annual King and Queen Coronation Dance. Dance and enjoy the music on this special day set aside to celebrate love. Event is free.

**North Domingo Baca,**  
7521 Carmel NE  
Tuesday, February 14  
12:00 am–2:00 pm

### Spring Dance/Pie Social

Celebrate the newness of spring with our annual Spring Dance, Pie Social. Event is free.

**Location to be announced**  
Wednesday, April 11  
12:00–2:00 pm

See Page 40 for  
Dance Classes

## Investment

### Invest in Debt

**Manzano Mesa, Room 5**  
2nd Wednesday, 6:00–9:00 pm

### Investment Club

Club follows the NAIC program  
**Palo Duro, Ponderosa Pine**  
3rd Wednesday, 10:00 am–12:00 pm

## Weight Loss

### Weight Watchers

Learn how to stay full longer, so you can lose weight and keep it off.

**Los Volcanes, Social Hall**  
Saturday, 9:30 am, weigh in  
10:00–11:00 am, meeting  
\$39.95 monthly pass, \$119 for 10  
weeks of meetings, \$13 weekly fee

## T.O.P.S. Take Off Pounds Sensibly

**Los Volcanes, Room 10**  
Monday, 8:00–9:30 am, Dolly Degraff  
**Palo Duro, Aspen**  
Monday, 11:45 am–1:00 pm, Eberting  
**Manzano Mesa, Room 5**  
Monday, 9:30–11:15 am  
Friday, 10:00–11:30 am  
Dottie Bellach  
**North Domingo Baca** is considering a weekly meeting. Call 764-6475 to sign-up on the interest list.

## Senior Issues

### 50+ Employment Connections

For people 50+ who are unemployed.  
**Barelas, 10:00–11:30 am**

### Gray Panthers

**Highland, Room 7**  
1st Tuesday, 1:00 am–2:30 pm

Find us online: [www.cabq.gov](http://www.cabq.gov) (seniors) 

### AARP Chapter #4380

For seniors 50+ wanting information on local, governmental and legislative senior related issues.

**Bear Canyon, Room 4**  
**2nd Thursday**  
 Board Meeting, 1:00–1:30 pm  
 Presentation, 1:30–2:30 pm  
 \$5 annually, Jan Caron

### Foster Grandparent Program Advisory Council

**North Valley, Room 4**  
**3rd Wednesday, 11:30 am–1:00 pm**  
 764-1612

### Grandparents and Grandchildren Focus Group

For grandparents who raising and/or playing a significant role in their grandchildren lives. Group gets together for four sessions to talk and share their thoughts to help others.

**Barelas, Stover**  
**Monday, January 9**  
**Friday, January 13**  
**Monday, January 23**  
**Friday, January 30**  
 1:00–2:00 pm

### Retired Public Employees Association (RPEA)

Working to preserve benefits for calPERS retirees and their dependents through outreach and education.

**Bear Canyon, Rooms 5**  
**2nd Friday, Jan, Apr, Jul, Oct, 1:00–2:00 pm**  
 Larry Sullivan, president

### Retired Physicians Group

**Palo Duro, Ponderosa Pine**  
**Monday, 3:00–4:30 pm**  
 Coordinator: Dr. Castillo

### NARFE Chapter 80

Then National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

**Palo Duro, Mesquite Room**  
**1st Saturday, 11:30–1:00 pm**

### CBI Group

For Veterans of World War II who served in China, Burma or India.

**Palo Duro, Ponderosa Pine**  
**February 22, April 25, June 27**  
 10:00 am–12:00 noon, Laben

### Cherokees of New Mexico

**Manzano Mesa, Room 4**   
**3rd Saturday, 12:00–3:00 pm**

### Red Hat Society

Join your senior sisters across the nation, even the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

**Bear Canyon, Room 5**  
 Enchanting Red Hat Bear Beauties  
**2nd Tuesday, 2:00–3:00 pm**  
 Barbara Broussard

**Los Volcanes, Room 1**  
**2nd Tuesday, 11:30 am–1:00 pm**  
 Cathy Gomez

**Palo Duro, Aspen**  
**1st Saturday, 11:00 am–12:30 pm**

**Manzano Mesa, Social Hall**  
**3rd Thursday, 10:00–11:30 am**

Barelas and North Domingo Baca are looking for members to start a Red Hat Society Group. Call to sign up on the interest list.

**Barelas, 764-6436**  
**North Domingo Baca, 764-6475**


### Sociable Singles Group

Dedicated to helping single men and women have a satisfying social life and develop new friendships.

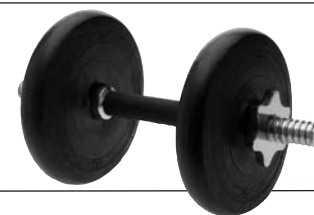
**Bear Canyon**  
**Board Meeting, Social Hall**  
**1st Tuesday, 11:00 am–12:00 noon**  
**Meeting, Room 5**  
**3rd Friday, 3:00–4:00 pm**  
**Game Night, Room 4**  
**4th Thursday, 3:00–5:00 pm**  
 Bring your own food, visit, play games  
 Mary Peterson, 821-3101,  
 Dorothy Cillessen or  
 Doris Robinson, 296-1765

### Society of Creative Anachronism

Barony of al-Barran, Monthly Citizen's Meeting. Hear what is happening.

**Manzano Mesa, Room 5**   
**3rd Tuesday, 6:00–9:00 pm**  
 Greg Vickery

## We offer a variety of Weight Training Classes Page 36.



### Vietnamese Senior Assn.

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

**Manzano Mesa, Room 4**   
**Saturday, 9:00 am–12:00 noon**

### Outdoor Sports

#### Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

**Barelas, Stover**  
**Meets: Every other Friday,**  
 11:00 noon (before trip)  
**Trip: Wednesday, 6:00 am**

**Bear Canyon, Room 1**  
**Meeting: Monday before trips at**  
 1:00 pm, call center for dates  
 Ken Nau


**Los Volcanes, Room 2**  
**Trips: 2nd, 4th Thursday, 6:00 am**  
**April–October**

**Palo Duro**  
**Meetings: Thursday before trips**  
 11:00 am Mesquite Please Contact  
 Center for schedule  
**Trips: Every other Tuesday**  
 6:00 am–4:00 pm  
 5¢ per mile, Francke

**North Valley**  
**Trips: Tuesday, 6:00 am**  
**Meets: Monday, 11:00 am**

### Zia Rifle and Pistol Club

The club promotes participation in shooting sports, with emphasis on range and field safety.

**Bear Canyon, Room 5**   
**3rd Thursday, 7:00–9:00 pm**  
 Tom Tomasi


### Travel Clubs

#### Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas.

**Palo Duro, Piñon**  
**2nd & 4th Tuesday, 1:00–3:00 pm**


### New Mexico Roadrunner Travel Club

**Manzano Mesa, Room 5**  
**3rd Thursday, 1:00–3:00 pm**  
**N. Domingo Baca, Community Rm.**  
**3rd Thursday**  
 6:30–8:30 pm 


### Support Groups

Groups open to patients, families, and friends

**ALZHEIMER'S SUPPORT GROUP**  
**Bear Canyon, Room 1**  
**3rd Friday, 10:00 am–12:00 pm**  
 Barbara Michaels, 266-4473


**ESSENTIAL TREMORS SUPPORT GROUP**   
**Palo Duro, Ponderosa Pine**  
**3rd Saturday, 10:00 am–12:00 pm**

**GRIEF SUPPORT GROUP**  
**Bear Canyon, Room 3**  
**Monday, 3:00–4:30 pm**  
 Joanne Rupprecht

**HUNTINGTON'S DISEASE SUPPORT GROUP**   
**Palo Duro, Ponderosa**  
**2nd Saturday, 10:00 am–12:00 pm**

**MS SUPPORT GROUP**  
**Palo Duro, Juniper**  
**2nd Monday, 2:00–4:00 pm**

**N. Domingo Baca, Community Rm.**  
**3rd Thursday, 1:00–2:30 pm**

**PROSTATE CANCER SUPPORT ASSOCIATION OF NM**   
**Bear Canyon, Room 5**  
**1st & 3rd Saturday, 12:30–3:00 pm**  
 Joseph Nai, 254-7784

**OSTEOPOROSIS SUPPORT GROUP**  
**Manzano Mesa, Room 5**  
**Thursday, Feb 9, May 10, Aug 16,**  
**& Nov 8, 1:30–3:00 pm**  
 Osteoporosis Foundation of NM

**DEAF SENIORS CITIZENS OF GREATER ALBUQUERQUE**  
**Palo Duro, Cottonwood**  
**Thursday, 8:30–11:30 am**  
 Bonura

**GLUTEN INTOLERANCE SUPPORT GROUP**   
**Bear Canyon, Room 4**  
**4th Saturday, 12:00–2:00 pm**

ABC Libraries  
 also has book clubs!  
 See Page 35





Check out the  
50+ Sports  
and Fitness  
Program!  
...  
880-2800



### A SENIOR I KNOW ESSAY CONTEST

30 teachers and students to be  
honored by Mayor Richard Berry and  
APS Superintendent Winston Brooks.

Entry deadline:  
February 17, 2012

Information for  
participating at  
[cabq.gov/seniors](http://cabq.gov/seniors)  
and [aps.edu](http://aps.edu)

Must do: Times and  
dates to be announced  
for upcoming nutrition  
workshops with  
registered dieticians.

## Selected Treasures

January 6–February 23, 2012  
6:00 am–8:00 pm  
KiMo Art Gallery  
Selected works from Albuquerque  
Senior Center artists on display at  
the KiMo Art Gallery.

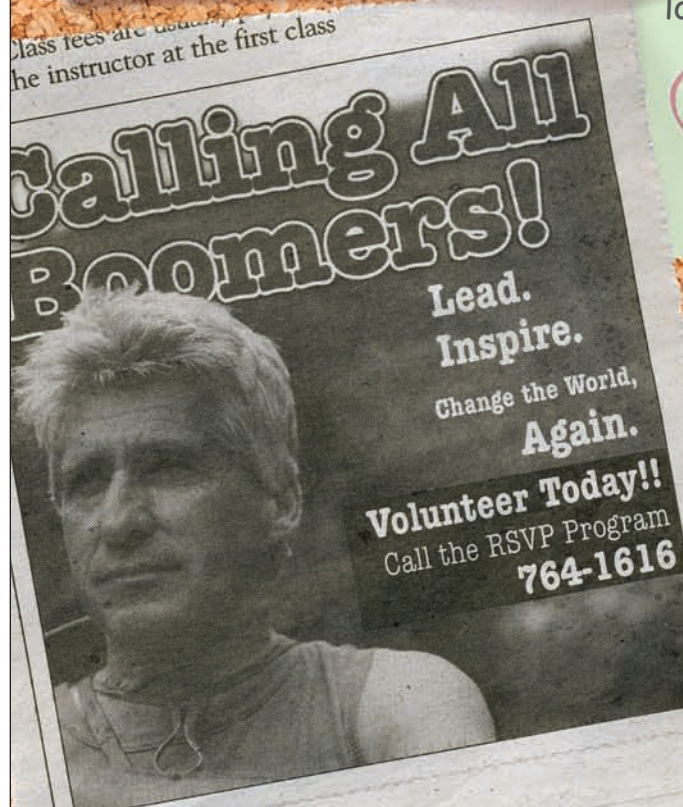
Bear Canyon  
Renovations  
begin 2012—  
more information  
to follow.

Remember:  
To register your  
loved one with APD's  
Silver Alert

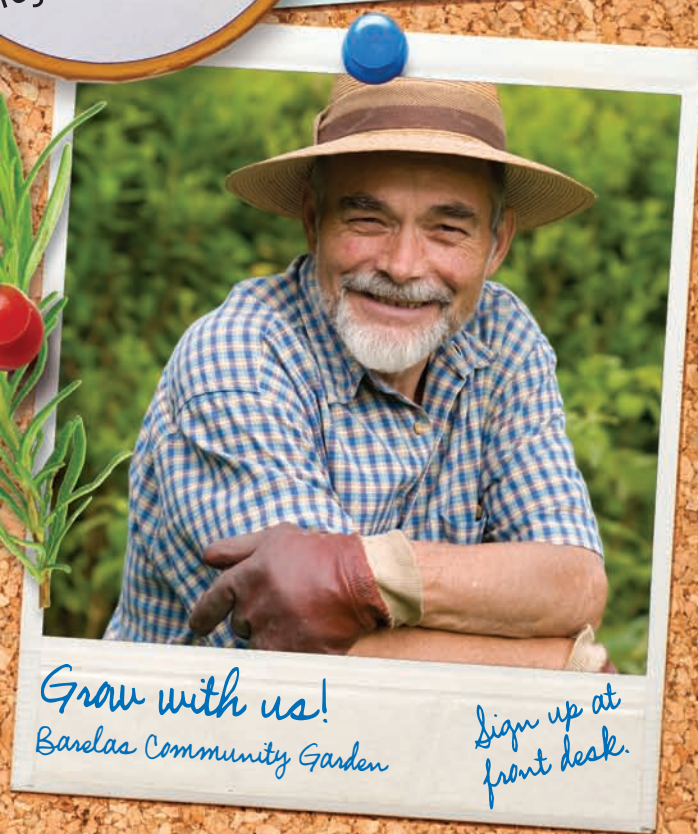


Coming Soon!

Barelas Center



Lead.  
Inspire.  
Change the World,  
Again.  
**Volunteer Today!!**  
Call the RSVP Program  
764-1616



Grow with us!  
Barelas Community Garden

Sign up at  
front desk.